BBC

# goodfood

Middle East

July 2015
DHS15 | QR15

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**Keeping the heat at bay with great recipe ideas**

## Mediterranean dishes for all

*The healthy diet for summer*

## All Greek to me

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**PLUS**

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**Iftar specials!**

FREE RECIPE SUPPLEMENT



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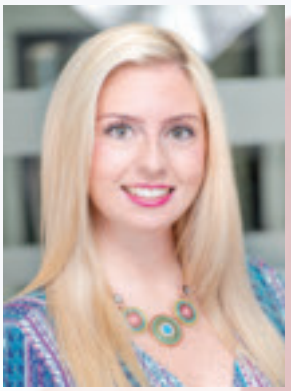
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# Welcome!



While the reminiscent lyrics of Train's, 'she acts like summer and walks like rain…' play, I realise the song is right – there is always, a time for change. There's been a bit of movement behind the scenes at *BBC Good Food Middle East* recently, and as serenity restores I'm reminded that change is good, positive and exciting! Quite like my current change to adapt a healthier diet, as a summer trip to cooler European shores approaches (I honestly, go through this 'change' every time bikini season arrives!), and this month's Mediterranean healthy recipes have been life-saving (*Why are Mediterranean diets so healthy?*, pg32), in addition to the unique superfood salad recipes (*Super food, super you*, pg40). Although I love a fresh salad, all too often they become boring and bland, but the superfoods guide (*Superfoods that make a difference*, pg38) has really inspired me, and I hope it does you. On the flip side, all this talk of ice cream as Middle Eastern temperatures soar has turned me into my over-excited, adolescent-self! Our '*Frozen fancies*, pg51', recipe feature is perfect for trying out with the kids over the holidays. Or, alternatively one of the activity's from our summer special kids corner (*Exciting entertainment*, pg56).
For those of you off travelling this month, if Greece or India is on the itinerary, be sure to check out the holiday special (*Greece, paradise of islands*, pg74) or take *'The spice route through India'*, pg.81, for insider tips and tricks.

As I move forward in my role as acting Editor, I personally look forward to getting to know each and every one of you – drop me a line and let me know your thoughts on the magazine's direction. Your voice makes all the difference.

Keep cool this month, everyone, and of course – keep cooking!

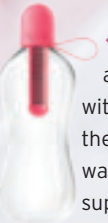
*Sophie*
Acting Editor

*@SophieLouise_ME @BBCGoodFoodME*

## Editor's picks



This Amrita buckwheat honey is so delicious – I can't get enough! p65



I always try and have water with me and these Bobble water bottles are super handy. p37



Retro all the way – this Kilner Drink Dispenser adds a funky touch to any kitchen. p11

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# July 2015




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## Our recipe descriptions

V Suitable for vegetarians
❄ You can freeze it
Not suitable for freezing
**Easy** Simple recipes even beginners can make
**A little effort** These require a bit more skill and confidence – such as making pastry
**More of a challenge** Recipes aimed at experienced cooks
**Low fat** 12g or less per portion
**Low cal** 500 calories or less per main.
**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
**Good for you** Low in saturated fat, low in salt.
**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids
**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving
**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre** Indicating recipes that are good sources of useful nutrients
**GLUTEN FREE** Indicates a recipe is free from gluten

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork
Contains alcohol

## Store Directory

Contact numbers for outlets featured in this issue

**Bloomingdale's Dubai:** 04-3505464
**Carrefour:** 04-80073232
**Fiore Rosso:** 04-2517868
**Galeries Lafayette:** 04-3399933
**Jashanmal:** 04-3471715
**Lakeland:** 04-3236081
**O Concept:** 04-3455557
**Spinneys:** 04-3555250
**Tavola:** 04-3402933
**Villeroy & Boch:** 04-3399676
**Waitrose:** 04-4340700
**Zara Home:** 04-3453373

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

BBC goodfood Middle East

## Meet our Editorial Panel

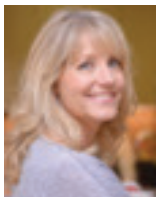
**The exclusive group of experts who are part of the *BBC Good Food ME* family:**



**Uwe Micheel** A veteran chef, Uwe has been cooking since he was 12, and in the interim 30 odd years, he has picked up numerous awards, and has been serving as President of the Emirates Culinary Guild since 1999. A member of several international chef's groups, he is one of the UAE's most respected culinary personalities.



**Michael Kitts** The Director of Culinary Arts at the Emirates Academy of Hospitality Management has hung up his chef's whites, wearing which he had spent over 20 years working at various leading establishments in London and won numerous accolades, to turn mentor and teacher to young aspirants of the hospitality industry in the UAE's leading training centre.



**Kate Fisher** is a highly qualified and experienced nutritionist who has been working in the UK and the Middle East with various hospitals and clinics since the 1980s. A trained microbiologist, and graduate of Nutritional Medicine from University of Surrey, she has, among other things, set up a clinic in Harley Street, and worked with private clinics and food brands, as a nutrition consultant.



**Andy Campbell** A Scottish celebrity chef who now calls Dubai home, Andy has trained at Westminster College, and previously worked at various restaurants, including Michelin-starred ones, and also ran his own restaurant in London, before moving here to work as a private chef for exclusive events. He currently also consults with Arabian Health Care in Ras al Khaimah.



**Tomas Reger** is an award-winning freelance chef and food consultant who has been based in UAE for over eight years. Originally from the Czech Republic, he started his culinary career in London, working his way up from apprentice to head chef in a Chinese restaurant within a year, before moving to Dubai. As founder of Tomas Reger Food Consultants, the respected chef works on bespoke restaurant projects and a wide range of events.

## Menu planner

Whip up a delicious meal with recipes from this issue

### Mediterranean get-together



Baby rocket salad, p43



Roast fish, Italian style, p33



Giant butter bean stew, p78



Frozen raspberry honeycomb pie, p53

## Behind the scenes

Take a look at what the ***BBC Good Food ME*** team members got up to this month!



**Senior Designer Odie and Sales Coordinator Marilyn check out Reem Al Bawadi.**

**Sales Manager, Michael experiences Iftar at Park Hyatt Dubai!**

**Acting Editor, Sophie learns how to make Thai green curry!**

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# Your say

We love to hear from you!

### INFO CORNER




Although I buy the magazine for the great recipes, I also really like the information features you carry, like last month's piece on nutrition (*Feed your brain*). All of this is stuff I kind of know, but it's really helpful to have it in one place in order to plan meals for the week ahead and make sure that fridge and store cupboards are stocked with food that's good for us. It's so important here in the summer heat. I hope you'll be doing something on keeping hydrated soon.

*Roberta Afonso*

### TO THAI FOR




I always read your travel features eagerly and this month was no exception! What a trip - Thailand and fine dining, what could be better? Can I suggest some destinations for future issues? I'd love to see the team visit South America - maybe Rio for Carnival or Peru for some of the cutting edge restaurants? Closer to us here, what about the Balkans? I don't know much about the food but the scenery looks dramatic and different.

*Paul Schneider*

### CLUB MED

Summer's here and in our household that means a real attempt to eat more healthily, so the Mediterranean fish recipes from Chef Maxine (On a platter!) were ideal. Last weekend we had both the grilled sardines and the grilled squid - delicious! More healthy dishes, please!

*Marie-Christine*

### ADVENTUROUS COOKING

We recently relocated to Dubai from the UK and are gradually adapting to both the climate and the different pace of life! To be honest, we were a bit worried about the impact of Ramadan on our day to day life but your June issue has given us a whole new perspective and now we can't wait to experience Iftar and try out lots of dishes new to us. Thanks so much for the recipes that will allow me to try some of them at home! Although I was a keen reader of BBC Good Food back home, it didn't offer such a glimpse into other cultures. Well done.

*Belinda Jones*

### CHOCAHOLIC

They may be naughty but your chocolate recipes are a big hit with my two youngsters, who liked the chocolate bark so much that I have to ration them! Please, please, please publish more recipes like this. My kids will be so happy.

*Anne Baker*

## Win!

The winner of the Star Letter, gets a **DHS1,000 SHOPPING VOUCHER FROM TAVOLA**, the leading retailer of European products and essential items for the kitchen. Tavola is a one-stop-shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, La Creuset, and Zwilling kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.




## Star Letter

### NORTH AFRICAN DELIGHTS




One of the real pleasures about reading *BBC Good Food Middle East* every month is learning about new cuisines - we're so lucky to be living here amongst so many communities with the chance to try so many different types of food. I particularly enjoyed this month's Food Safari to Morocco from the delicious recipes to the background information on the culture and the cuisine. Apart from tagines, I had no idea of the food of this country and now I'm keen to visit there and eat my way from city to city! Do you know of any Moroccan restaurants here in Dubai?

*Tracey Rooney*

## From our social media pages

- What are the secret ingredients to #JeanGeorges success? @BBCGoodFoodME #JGDubai
  *– Jean-Georges Dubai*
- Just received the June issue, it's amazing. I loved the dynamic dozen list about the 12 foods that boost the brain power. I have even cut this page and stick it on my fridge!
  *– Ralph Joudet*
- @BBCGoodFoodME @SanjeevKapoor any idea how to make vegetable #machboos? #ArabicCuisine #ArabicFood
  *– Shubhangi Patil*




## TALK TO US!

**Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!**

You can also connect with us on social media!
Find us on:

**@bbcgoodfoodme**

**@bbcgoodfoodmiddleeast**

Or, you could write to us at:
**The Editor**, BBC Good Food Middle East.
Grosvenor Business Tower, Tecom, Office 804
PO Box 13700, Dubai, UAE.

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED

# LURPAK® STRAWBERRY SHORTCAKES

PREP 20 mins | COOK 15 mins | SERVES 10

**What you need:**

- 250g Lurpak Baking Butter
- ½ cup (100g) caster sugar
- 2 cups (300g) plain flour
- ¾ cup (120g) rice flour
- 250g mascarpone or thickened cream, lightly whipped
- 1 cup strawberry jam
- 300g fresh strawberries, washed and hulled
- Icing sugar, to dust

**What you do:**

Preheat oven to 160°C and line 2 baking trays with baking paper.

Place Lurpak Baking Butter in a large bowl and add the caster sugar. Using an electric beater, beat until pale and creamy.

Sift together the plain flour and the rice flour. Gradually add the combined flour to the butter mixture, beating on low speed until just combined. Turn the dough onto a lightly floured surface and knead gently until smooth.

Divide the dough in half, and divide each half into 8 equal pieces. Roll each piece of dough into a ball, making a total of 16 balls. Space the balls out evenly on the prepared trays.

Flatten each ball into a 10 cm disc and pinch the edges of each disc to shape. Bake for 12-15 minutes, until light golden. After 10 minutes, remove from trays and place on a wire rack to cool completely.

Strain the strawberry jam through a sieve. Remove and discard any lumps, reserve the syrup. Slice the strawberries and coat in the strawberry syrup.

To serve, sandwich two shortbread together with a generous dollop of mascarpone and a spoonful of strawberries in syrup. Dust with icing sugar and serve immediately.






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# Foodie file

What's hot and happening in the culinary world, here and around the globe.



Toro Toro

## DINE IN THE CITY

**THREE FAB NEW RESTAURANTS TO CHECK OUT**

✳ Doors of the much-anticipated JG Dubai, by renowned chef Jean-Georges Vongerichtenhas, have finally opened. Comprising a two-in-one concept, the restaurant offers a fine dining room as well as a relaxed all day option. Located at Four Seasons Resort Dubai, the elegant eatery serves exquisitely crafted creations blending French, American and Asian influences. Call 04-3436118.

✳ A leader on London's culinary scene, Novikov Restaurant & Bar, is set to make its Dubai debut on July 22 at Sheraton Grand Hotel, SZR. Diners can expect to find innovative dining here that merges traditional Asian cuisines with modern trends from Japan, China and across South East Asia. Call 04-5034444.

✳ In the gardens of Marsa Malaz Kempinski, The Pearl, Doha, the Pan Latin American restaurant, Toro Toro has opened. By celebrity chef Richard Sandoval, the outlet takes guests on a contemporary journey through Latin American countries Brazil, Peru, Argentina, Columbia and Mexico. Call +974-40355555.



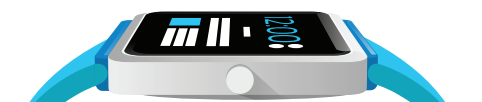
## Doorstep delivery

Rushed for time and want to ensure the family is getting the essential, daily-dosage of vitamins and nutrients? Del Monte has introduced a new service called Fresh Garden, a concept that sees freshly grown, washed, cut fruits and vegetables, refreshing juices and smoothies delivered right to your doorstep, within four hours of ordering. Deliveries available from Saturday to Thursday and orders can be paid with cash upon delivery (minimum order Dhs50). Place orders through 800-33566683.



## Tea with character

Newby has built a reputation for blending the finest teas in London, and with its newly launched online boutique, Newby's products are available with the click of a finger. Items on the e-boutique include luxury gift sets, like this Taster Selection Gift Set, which introduces four of the best - Earl Grey, English Breakfast, Masala Chai and Jasmine Princess – presented in artistic packaging which retains freshness. These exquisite teas are perfect to share and savour, especially as an Eid gift. Dhs155 per gift box. www.newbyteas.ae/eboutique.



## Watch your food – literally!

Just when we thought we'd seen it all, this month a tracking application called 'Watch Your Food', specifically created by Elephant Digital for the Apple watch has launched in the UAE. This app will allow users to order a meal, and keep track of its whereabouts each step of the way during delivery, through the Apple watch. 'Watch Your Food' will be available for Android and iOS users and anyone ordering from Circle Café. Download at www.apple.com.

Compiled by SOPHIE MCCARRICK | Photograps SUPPLIED, SHUTTERSTOCK.COM




# PERFECTLY PERSONALISED

Add an extra special touch to your Ramadan celebrations this month, and treat family and friends to a personalised bottle of Vimto. Until July 31, Bloomingdale's in Dubai Mall will be exclusively customising the bottles in-store, with a name of your choice before packaging in a limited edition gold and burgundy, Arabesque gift box – all for Dhs35.

## DID YOU KNOW?

Globally, there are approximately **7,000 types** of apples, and if you attempted to eat a different apple every day, it would take around 20 years to get through the entire variety. The most popular apples bought in the Middle East include Granny Smith, Red Delicious, Golden Delicious, and Gala.

*"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."*

*- Jim Davis*

# OBESITY OBSTACLES

**By the end of this year, the World Health Organisation has predicted that there will be over 2.3 billion overweight and 700 million obese individuals internationally. The UAE in particular has a very high rate of obese people with a study by the University of Washington's Institute for Health Metrics and Evaluation revealing that more than 66% of men and 60% of women in the UAE are already overweight or obese. And while obesity and its links to diabetes, heart disease and chronic health complications are often highlighted, its impact on women's fertility is not regularly emphasised. Reports by the American Surgecentre reveal that obese women are three times more likely to suffer infertility than women with a normal body mass index.**

## #What's trending



**#UglyVegetables**
**We all see them – those twisted, bent, misshaped vegetables left on the shelf, with no one wanting to take them home. And yes, they may look different, but nutritionists worldwide are now arguing that just because they are 'ugly' doesn't mean they taste any differently. Some stores across the United States and France particularly are even offering discounted prices for purchase of the unwanted veggies. Do you buy #UglyVegetables? If not, why not give them a try and say no to waste?**

Home

# Ramsay returns!

Dubai, get ready, internationally acclaimed chef Gordon Ramsay is set to bring his popular 'Bread Street Kitchen' restaurant to Dubai's Atlantis, The Palm by Autumn this year. Following in the steps of its London counterpart, Bread Street Kitchen will offer restaurant and bar space in an atmosphere-led environment, serving a European menu alongside creative and innovative drinks. The launch will represent Ramsay's fourth outpost of the chain, following locations in London, Hong Kong and Singapore.





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# Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



Add of touch of summer to your Ramadan celebrations with this Arabic-inspired, rose-tinted **FUCHSIA DREAMS** ceiling lantern from **FIORE ROSSO** for Dhs115.



These gold and teal **ODETTE'S ARABIC COFFEE CUPS** are so stylish – not to mention cute. Available through stockists **SISAL.COM** for Dhs40 per cup at **GALERIES LAFAYETTE, DUBAI**.



Bring fresh, deep-ocean blue colours inside for a burst of colour this summer with **DAISO'S VOTIVE BLUE GLASSES**, Dhs9 per cup.



Let the light shine through this **YOKO FAMILY SET** by **SILICA**, a new member of the store's bohemian collection. Made with ingenious design that captures the beauty and buoyancy of flowing water, for Dhs835.



Presented in a gorgeous, vintage-styled jar, this **SCENTED DIFFUSER BY DR VRANJES** will keep your house smelling and looking great! Find it at **O CONCEPT** starting at Dhs325.

Perfect for foodies in a hurry, **RECKE'S** new range of **MULTICOOKERS** come with a recipe book for up to 250 recipes. The all-in-one appliance is designed to substitute a kitchen stove, oven, steamer, fryer, pan, and microwave. From Dhs299 to Dhs649.





We love this **JULISKA FLORENTINE GYPSY NAPKIN** from **BLOOMINGDALE'S DUBAI** for Dhs87. It'd fit perfectly into a shabby-chic dining room, adding a touch of elegance.



This **KASTEHELMI APPLE GREEN BOWL** by littala will bring a dash of colour and elegance to any dinner party. Dhs125 from **JASHANMAL, DUBAI MALL**.




Stay hydrated in the summer heat and fill this funky, help-yourself **KILNER DRINKS DESPENSER** from **LAKELAND** for Dhs230 with refreshing drinks.

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED

# PERFECT PASTRIES WITH BREVILLE

It's no secret that pastries can be a tough one to perfect – any baker would agree. Our friends at Breville, however, have come up with two secret weapons to solve all of your cooking dilemmas.

## WHAT WE'RE COOKING:

### Lemon tart

**SERVES 8 | PREP 20MINS (PLUS RESTING TIME) | COOK 45MINS**



## WHAT INGREDIENTS WE NEED:

**225g of plain flour**
**55g icing sugar mixture**
**125g butter, chopped**
**½ tbsp iced water**
**3 lemons**
**5 x 60g eggs**
**220g of caster sugar**
**200ml cream**
**Small handful of fresh raspberries, to serve**
**Sprinkle of icing sugar, to serve**

## WHAT APPLIANCES WE NEED:



**The Breville Smart Oven** - This is the oven that moves heat where it's needed, precisely when it's needed. All foods cook differently, some need more heat from the top, some from below, where others need it evenly throughout, like pastries. To use, simply select the relevant cooking program and this smart appliance will deliver the right power at the right time to each of its five elements. It's perfect for baking, roasting, grilling, toasting and re-heating!



**The Breville Scraper Mixer Pro** – This appliance is any bakers dream. The Scrapers flexible edge ensures that the beater scrapes the sides and bottom of the Stainless Steel bowl until it's completely clean, which also minimises splattering when mixing in ingredients. Better yet? The mixer is smooth sounding and features motor protection sensors that detect heavy mixtures, to maintain precision and speed.

## HOW WE COOK IT:

**1** Assemble mixer using the scraper paddle. Add flour, sugar and butter into bowl. Slowly turn mixer to KNEAD/FOLD setting and mix until it resembles sand like texture. Add water ½ tablespoon at a time until pastry combines.
**2** Remove pastry from bowl onto a clean surface and shape into a flat disk. Cover pastry and refrigerate for 30 mins.
**3** Grease a 24cm round loose-based flan tin. Roll pastry, between two sheets of baking paper, large enough to line tin. Carefully lift pastry into tin and press into sides; trim edges. Cover and refrigerate for 30 mins.
**4** Preheat oven to 200C. Place tin on oven tray; line tin with baking paper then fill with baking beans. Bake for 10 mins then remove beans and paper and cook in oven for a further 10 mins or until pastry is lightly browned; remove from oven and reduce heat to 160C.
**5** Remove rind from lemons; reserve. Juice lemons. Combine rind, juice and remaining filling ingredients and whisk until well combined. Carefully pour into pastry case and bake for about 35-45 mins or until set (mixture should still be slightly wobbly). Cool completely at room temperature then refrigerate until ready to serve. Top with fresh raspberries and dust with icing sugar before serving.

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# Here to help

All your culinary and décor questions answered.



Tomas Reger, independent chef and founder of Tomas Reger Food Consultants, addresses your cooking dilemmas.



**Q Sometimes garlic has a horrible metallic taste. Is there a way to tell if garlic is going to be foul tasting?**

**A.** Start by buying garlic that is firm to touch with no sprouting. Store it in a dry, dark place – but not in the fridge. For cooking, use only firm cloves with no visible spotting. To preserve garlic for longer, peel the cloves and store in oil.



**Q. When do you think sous vide cookery will reach the home market, is it beneficial to have in home kitchens?**

**A.** I am big supporter of sous vide cooking and use it regularly at home. There are already home-use ranges for sous vide that are available in UAE. The main benefit for households is convenience and consistency. Sous vide cooker allows you to prepare family meals in advance, without actually needing to be standing continuously next to the stove.

**Q What's an ideal mid-week meal that's quick and easy to make, yet nutritious and healthy?**

**A.** I like pastas and legumes for a quick meal. The aid of a pressure cooker really helps when cooking fast, but nutritious. For example you can make a healthy lentil salad in 10 minutes - seven minutes to cook the lentils in a pressure cooker, and a few minutes to chop some carrots, celery and herbs. You can also add some protein like poached salmon or an egg.

**Q What is the best way to store meat in the fridge? Should the plastic wrappings from supermarket prepacks be removed?**

**A.** Store raw meat on the bottom shelf of the fridge, to prevent contamination of other items in the fridge. Depending on what you intend to do with the meat, determines how it should be wrapped. Most meat comes on a styrofoam tray, wrapped in plastic, which doesn't protect it from oxygen. It should be stored for 1-2 days maximum like this. I keep my red meat, game and duck uncovered before I cook it, as I like to dry the skin and age the meat.



## Tom's ingredient of the month



**Apricots - July is great for picking up seasonal fruits like apricots, cherries and berries. Apricots are a good source of vitamins like A, C and fibre and are believed to prevent aging of eyesight! They are versatile too - raw, dried or canned you can use them to create sweet and savoury dishes. I like using dried apricots to create tasty and nutritious crackers. Just blitz flax seeds with same amount of water, add chopped dried apricots and nuts. Roll it thin between two sheets of cling film and dry overnight in dehydrator or oven on low temperature.**

**Follow chef Tomas @tomthechef cheftomasreger cheftomasreger**

Compiled by SOPHIE MCCARRICK | Photographs SHUTTERSTOCK

## DESIGN Q&A

Interiors expert Pavitra Pujary, founder of interior design firm Pure Coalesce, offers practical home décor advice.



**Q Kitchen countertops often become overcrowded. What's the best way to keep countertops clutter-free?**

**A.** A place for everything and everything in its place - is a motto to live by while planning a kitchen. Not having enough storage is usually why items spill over to the countertop, another reason is the convenience of having things at hand on the counter top. The best way to address this is to de-clutter cabinets of items you rarely use. There are many space-saving solutions available in the market such as the magnetic holder for knives, wall rails for hanging spoons, wall shelves for spices, suspended dish drainers etc. that can keep your kitchenware within reach yet your counter clutter-free. For small appliances such as blenders, toasters and coffee makers, stow them away in a tall cabinet for easy access.

**Q It's summer holiday time for the children – what's the easiest way to host a kids party in the house, with decorations that are simple and easy to put up?**

**A.** There are numerous nifty ways to host a fun yet affordable party at home, using just basics supplies such as paper, balloons, scissors and tape. My favourites are to use left over gift-wrapping paper or any coloured paper to make garlands for the walls. The garlands can be attached with your child's photos or just spell a message. Streamers are another great and affordable party supply that can be used to create a colourful, fringed curtain or to dress the table. Another great idea is to buy pom pom's or colourful lanterns and suspend them from the ceiling. Use balloons to spell out a message or make a pattern with them.



# Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.


BookMunch

## Eat and drink for free

That's right, for free. At Wasl Square's BookMunch outlet, diners will be provided with unlimited food and drink, all for a fee of Dhs 1 for each minute enjoyed within the grounds of the café. The special comes with a minimum stay of 15 minutes (Dhs 15) and caps off at 180 minutes (Dhs 180), where customers can enjoy dishes such as signature chilli beef noodles, jerk chicken and chicken avocado salad. *Call 04-3884006.*



## Delicious deli

We Love!

Sandwich lovers rejoice! Reform Social & Grill Dubai has opened its 'Reformed Deli' counter, serving up a whole new range of soups and sandwiches – perfect for lunch. The deli counter is open daily, Sunday to Thursday (including Ramadan) from noon until 4pm, and offers diners the choice of sourdough bread, flour bap, rye bread, or carb-free wraps. Don't miss the roast beef, beetroot and horseradish relish, or mature cheddar and farm hour pickle options. Sandwiches start from Dhs41. *Call 04-3750324.*

## Fondue fantastic

Starting every Monday after Ramadan, Yas Marina's Café D'Alsace will introduce its much-anticipated 'fondue and raclette night'. For Dhs175 for two people, diners can indulge in all-you-can-eat dishes made with the best cheese from the French region. *Call 05-08115414.*

## Fresh and fast

Sick of disappointing, soggy pizza deliveries? Per Te Ristorante e Café now uses VENTiT, the world's first breathing pizza box, which allows food to remain fresher for longer. Per Te serves a wide range of pizzas, now available for delivery, including pizzas like aragosta e granchio – lobster with crab meat, buffalo mozzarella cheese and cherry tomatoes, pizza bufalina – buffalo mozzarella cheese with basil and tomatoes, pizza con polpette –meatballs, mozzarella cheese, parmesan cheese and basil, plus more. Pizzas priced from Dhs42. *Call 04-3446455.*

## Super salads

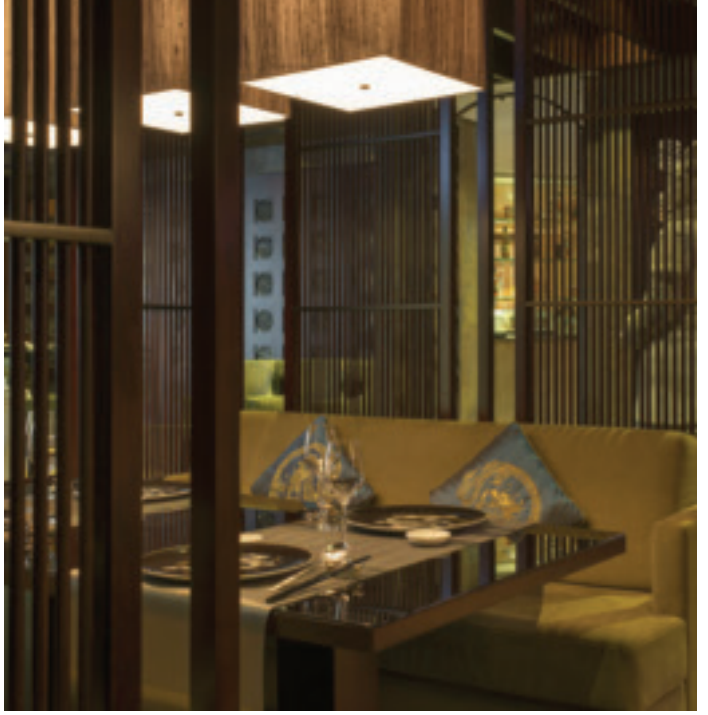
Downtown Dubai eatery Kris Kros has unveiled a new healthy menu filled with nutritious dishes and cold press juices for the health conscious foodies out there. Two new salads include the kale salad – an infusion of mandarin, pomegranate, avocado, radish, sunflower seeds, feta cheese and kale dressing. As well as the Mediterranean quinoa salad – a mix of diced vegetables, black olives, feta cheese, roasted sesame and lemon vinaigrette. *Call 04-4539994.*

## Winning Wednesdays

Looking to add a little excitement to your weeknights? Head to Bushman's Restaurant & Bar every Wednesday evening and enjoy three selected Aussie beverages out on the billabong-inspired terrace for just Dhs75. Immersed in the outback-inspired atmosphere with the chilled sounds of a live Australian musician, it's time to enjoy weeknights again - every Wednesday 4pm until 11.30pm at Anantara Dubai The Palm Resort & Spa. *Call 04-5678304.*

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED





## Perfect prawns

If you're a fan of prawns, this isn't a lunch dining experience you should miss out on. From July 1 – 25 at Le Meridien Dubai Hotel's Long Yin restaurant, for Dhs200 per person, diners can enjoy tiger prawns cooked in a range of flavours. Options include wok-fried prawns with Singapour chilli sauce, served sizzling, sautéed prawns in spicy X.O. sauce, deep fried prawns chilli Peking style, and more. Available from 12.30pm until 3pm daily. *Call 04-7022455.*

## Noteworthy Italian

Discover some of Italy's finest dishes at Solo Bistronomia, where chef Corrado and his team have tastefully revitalised the restaurant's signature offerings. Featuring 12 new entries, dishes on the menu include the likes of vitello tonnato, traditional veal slow cooked and served sliced with tuna sauce, capers and mix cress salad, and affogato di spuma calda, a homemade passion fruit sorbet with hot coffee chocolate espuma cream and caramelised banana. *Call 04-3708999.*



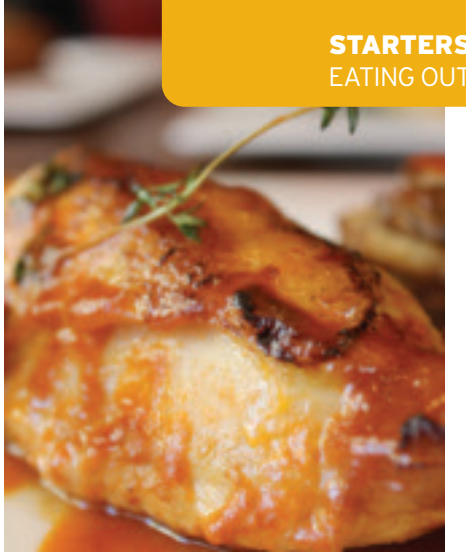
## Foodies and movie lovers unite

Running until August-end, Claw Dubai will be offering interactive movie sessions fortnightly, airing classics like Cocktail, through to Top Gun. From Dhs300, each guest will receive a set menu tailored to match specific dishes and drinks featured during key moments of the film. And, of course there will be popcorn and candy floss. Movie schedule as follows: July 8, SATC; July 22, Ferris Bueller's Day Off; August 5, Dirty Dancing; August 19, Top Gun. *Call 04-4322300.*

## Healthier burgers

If you're craving a burger, but are worried about the calories, Burger Hood is the place to be. The outlet has created a 'zero fat burger', for customers looking to indulge in a healthier manner. The burgers are made with grass-fed lean beef, which contains less than 1% fat by weight, compared by 25-30% fat in regular beef. *Call 04-3445599.*





## New chef, new menu

Chef, Emanuele Di Tullio, who is newly appointed at Amwaj Rotana's Rosso restaurant has introduced a new menu, full of dishes to reflect the cuisine of various regions in Italy. He is now also encouraging the use of more uniquely Italian ingredients as well as more organic and home-grown ingredients. Guests can now enjoy dishes such as polpo e patate – a classic Genovese-style court-bouillon octopus served with soft potato pie, and suprema di pollo - honey-glazed chicken supreme cooked in home-made jus and served with lightly spiced potato and thyme. Pasta dishes start from Dhs75. *Call 04-4283088.*

## Street food sharing

Are you a fan of Indian street-inspired food? Don't miss Mint Leaf of London's new promotion that offers unlimited chaat. The flavourful menu includes dishes like sigri lahori murgh tikka, grilled prawn skewers, aloo tikki and punjabi cholley. Available from Saturday to Thursday from 5pm until 10pm (including Ramadan), this menu addition is Dhs125 per person, including one house beverage. *Call 04-7060900.*

## Essential nutrients

Chez Sushi has introduced a specially designed bento box for the holy month of Ramadan, which comprises authenticity and is packed with essential nutrients for those fasting. From sundown until 1am the restaurant will serve the exclusive box, loading with dishes including Japanese katsu curry – grilled chicken or mixed vegetables, mixed green salad, miso soup, date mochi – Japanese ice cream made with dates and more, from Dhs45. *Call 800-78744.*

# A taste of Ramadan

Our pick of the best Iftar and Suhoor offerings this month.



## ✳ Mamemo Majlis, Four Seasons Resort Dubai

Unique Iftar and Suhoor experiences crafted to suit both local and international palates await at Mamemo Majlis. Inspired by local traditions, guests can enjoy a feast complete with Arabic delicacies accompanied by melodies from the Oud player. From sunset to 3am, prices are Dhs260 per person for Iftar, and a minimum spend of Dhs190 for Suhoor. *Call 04-2707777.*

## ✳ Liwan Restaurant, Al Ghurair Rayhaan by Rotana

For diners looking to stray from the traditional Iftar spreads, Liwan's offering is perfect. In addition to an array of Ramadan specialities, the restaurant also offers a selection of international favourites, enjoyed with live Arabic music entertainment. The Iftar buffet is Dhs149 per person. Suhoor is also available and starts from Dhs95 per person, with traditional dishes, tea, coffee and Arabic sweets. *Call 04-2933000.*

## ✳ Rozanah, Yas Marina, Abu Dhabi

Open every evening throughout Ramadan from sunset until 2.30am, Rozanah will be serving up a feast fit for a King for Dhs95 per person. The set Lebanese Iftar menu will include daily Arabic specialities, to ensure there's something for everyone throughout the holy month. *Call 02-4062000.*

## ✳ Urban Kitchen, Dusit Thani Abu Dhabi

With an array of Middle Eastern favourites such as traditional lamb ouzi, live shawarma and mixed grill, Urban Kitchen's Iftar offering is perfect for a gathering with friends or family. Authentic specialities will include begendili kuzu sarma (stuffed lamb chops with eggplant puree), borek (baked filled pastries), and more. Priced at Dhs185 per person. *Call 02-6988888.*

## ✳ Al Majlis, Madinat Jumeirah

Located within the Madinat Arena, Al Majlis is a unique setting that can cater up to 1,000 guests, across its main dining area, plus VIP majlis sections and 16 smaller, private rooms. An a la carte selection of Arabic delicacies, international cuisine and gourmet desserts will be available for Suhoor, starting at 9am until 3am. Prices according to selection. *Call 04-3666528.*

## ✳ 3In1, Vida, Downtown Dubai

Savour great food in a laid-back, stylish setting where talented chefs prepare a diverse menu to take diners on a culinary journey through Arabia. 3In1's sumptuous Iftar spread will delivered straight to the table, presenting a variety of saj, salads and appetisers from Arabic and Western cuisines, along with an Arabic dessert spread, traditional Ramadan drinks and dry fruits. Dhs170 per person. *Call 04-4286888.*

## ✳ Qbara, Wafi City

Diners searching for an iftar experience with a difference, look no further. A special Iftar sharing menu will give a twist to traditional favourites from the Gulf and Levant to Morocco and Turkey, all served directly to the table. From sunset to 8.30pm, the Iftar menu opens with a table-top spread of cold and warm appetisers, followed by speciality dishes and soups, mains and traditional sweets. Priced at245 per person or Dhs190 per person for group bookings with 20 diners. *Call 04-7092500.*

## ✳ Reem Al Bawadi

A delicious Iftar buffet with a wide selection of starters, dates, fruits, assorted traditional Ramadan drinks, soups and a wide variety of splendid main course dishes such as lamb, chicken, fish, rice and more, is on offer at Reem Al Bawadi. Be a part of a greater cause and add Dhs20 to your bill to feed a worker during the holy month of Ramadan. Dhs130 for Iftar and Dhs65 for Suhoor set menu. *Call 04-3947444.*



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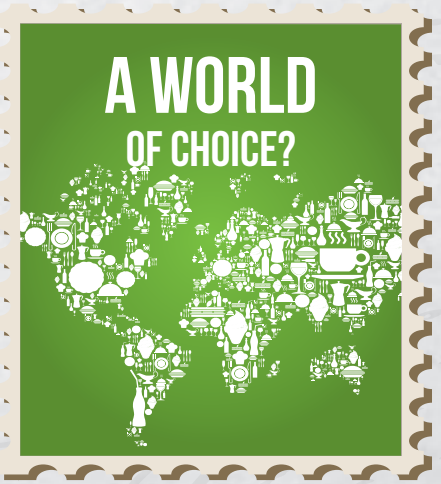
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# Tried & tasted

Each month, we review two of the city's top tables.

## Mediterranean




**Where: Cove Beach, Jumeirah Beach Hotel, Dubai**
**What's it like:** Nestled in a picturesque cove along the Jumeirah Beach coastline, Cove Beach welcomed my dining partner and I with a sophisticated and seductive atmosphere – definitely a place for the easy-going, trend-setter type.

Although the restaurant and beach club serves both lunch and dinner, we visited at 7pm on a Tuesday evening (which, quite conveniently was also the outlet's '60 shades of rosé ladies' night'). The venue offers both inside and outside seating, however, due to the heat we opted to dine inside, followed by drinks on the air-conditioned, outside terrace.

Our knowledgeable waiter was more than helpful, and talked us through the menu, offering suggestions. First up, from the menu 'la cuisine de la joie' we opted to share the sautéed baby calamari with black olives, parsley and confit cherry tomatoes, sautéed prawns with homemade guacamole, citrus fruit mayonnaise and mesclum salad and burrata with cherry tomatoes, rocket salad topped with pesto sauce – quite the selection – the burrata has to be one of the best I've tasted in Dubai for quite some time!

For mains, we indulged in grilled jumbo prawns with lobster saffron butter, and Dover sole 'meunière'. Being a seafood lover myself, I was impressed by the melt-in-your-mouth sole – with such a burst of Mediterranean flavours, accompanied by chilled-out sounds of the Balearic, I felt instantly transported to the European summer shores.

To top it off, we were treated to a homemade selection of ice cream and sorbet, all individually flavoursome and unique – a perfect way to round up a light yet wonderfully satisfying meal. Enticed by beachfront views of the Burj Al Arab under the moonlit sky, we enjoyed a nightcap at the 'rosé bar' outside, with shisha. Overall, an extremely enjoyable evening. Come cooler weather time, I think Cove Beach will really come into its own!

**Best for:** A fun, relaxed get-together with friends, or date night

**If you want to go:** For three courses, around Dhs600 for two, without drinks. Call 800 2683.

*- Sophie McCarrick*




**Where: Atelier M, Pier 7, Dubai Marina**
**What's it like:** Occupying the top three levels of the Pier 7 restaurant complex, Atelier M combines a stylish restaurant, funkier lounge and a rooftop terrace with many guests, especially at the weekends, moving between the three as the evening progresses. The inspiration of chef/patron Mohammad Islam, whose career flourished under Jean-Georges Vongerichten before spells at Chateau Marmont, Versace and The Capital Club, the emphasis is on fresh, quality ingredients treated simply but well. Strangely the decor is rather at odds with the Californian inspired food and the low-lighting makes even identifying ingredients on the plate difficult. However, staff are unfailingly diligent, the house cocktails excellent and the sommelier extremely knowledgeable. Arriving at 7.30pm, the ambience of the room felt more like 11pm but food arrived quickly and efficiently.

The cooking is West Coast inspired with an emphasis on clear presentation, quality ingredients and spikes of Asian influence - a sudden sharp burst of flavour from a sweet cardamon seed, for example. A recent delivery of truffles delivered specials such as sweet pumpkin ravioli with a light truffle sauce. Also a standout was a truffle pizza.

Typical entrees are Hamachi tartare (Tokyo hamachi, avocado and yuzu vinaigrette) or ppepper crusted tuna (miso dressing and pickled cucumber) and typical mains are lamb chop (pearl barley risotto, pickled apple and harissa sauce) or slow roasted eggplant (parmesan and basil crust with soy caramel sauce). Desserts tend to be riffs on comfort food favourites and overall the menu is more weighted towards fish than we're used to in Dubai's fine dining scene. Service is knowledgeable and efficient. Views are spectacular over the Marina and a separate taxi/valet entrance to Pier 7 means you can avoid the connected Marina Mall completely.

**Best for:** Stylish date night, or a treat for visiting relatives

**If you want to go:** Around Dhs500 per person for three courses, with beverages. Call 04-4507766.

*- Dave Reeder*



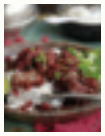
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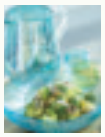
# Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining

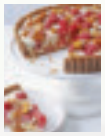
IN THIS SECTION



✳ Flavourful, unique ways with lamb and beef, **P28**



✳ Revitalise with superfood summer salads, **P40**



✳ Fall in love with ice cream all over again, **P51**

**Lamb souvlaki with flatbreads, recipe p34**

# Make it tonight

✓ Simple cooking, exciting flavours ✓No more than 20 minutes prep
✓Easy-to-find ingredients ✓Simple shortcuts for speedy suppers

Recipes JEMMA MORPHET Photographs ROB STREETER

**OUR PROMISE TO YOU**



## Aubergine with prawns in oyster sauce

**SERVES** 2 **PREP** 10 mins **COOK** 20 mins

EASY FIBRE VIT C 2 OF 5 A DAY

**3 tbsp sunflower oil, plus 2 tsp**
**1 aubergine, cut into rounds then 1cm strips**
**1 red pepper, cut into strips**
**6 spring onions, trimmed and cut into matchsticks**
**small piece finely chopped ginger**
**3 garlic cloves, finely sliced**
**175g large raw prawns**
**3 tbsp oyster sauce**
**cooked rice or egg noodles, to serve**

**1** Heat the 3 tbsp oil in a wok or large, non-stick frying pan. Toss in the aubergine and cook for 8 mins or so, stirring frequently, until tender. Add the pepper and 1 tbsp water and cook for 3 mins more. Remove from the pan and set aside.

**2** Add the remaining 2 tsp oil to the pan and tip in most of the spring onions, the ginger and garlic. Cook for 2 mins or until softened, taking care not to let it burn. Add the prawns and stir-fry until pink and cooked through.

**3** Tip the aubergine and pepper back into the pan and add the oyster sauce, plus 5 tbsp water. Simmer until slightly thickened and hot through. Scatter over the reserved spring onions and serve with rice or noodles.

**PER SERVING** energy 340 kcals • fat 21g • saturates 2g • carbs 14g • sugars 10g • fibre 8g • protein 19g • salt 2.0g

Food styling SARA BUENFELD



## Lamb, spinach & ricotta burgers

**SERVES** 4 **PREP** 15 mins **COOK** 20 mins
EASY | LOW CAL | CALCIUM | FIBRE | IRON | 1 OF 5 A DAY | GLUTEN FREE
❄ burger patties only

**2 tbsp olive oil, plus 2 tsp**
**4 small onions, 2 halved and finely sliced, 2 grated**
**1 tbsp cumin seeds**
**200g baby spinach leaves**
**300g lamb mince**
**3 tbsp ricotta**
**6 tbsp Greek-style yogurt**
**½ small pack mint leaves, finely chopped**
**4 seeded buns (or gluten-free alternative), split in half**
**1-2 large tomatoes, sliced**

**1** Heat 2 tbsp olive oil in a frying pan. Tip in the sliced onions and cumin seeds, plus seasoning. Cook gently for 20 mins until golden and caramelised.
**2** Meanwhile, put the spinach in a colander and pour over a kettle or two of boiling water to wilt. Squeeze the spinach as dry as possible, chop roughly and put in a large bowl. Add the mince, grated onion, ricotta and seasoning. Mix thoroughly, then shape into 4 burgers. Heat 2 tsp of oil in a non-stick frying pan and cook the burgers for 8-9 mins each side, or until cooked through.
**3** Mix the yogurt, mint and seasoning in a bowl. Spread a little onto each bun, add the tomatoes and burgers, and put the onions on top. Add an extra dollop of yogurt and serve.

**PER SERVING** energy 462 kcals • fat 27g • saturates 8g • carbs 27g • sugars 10g • fibre 6g • protein 25g • salt 1.1g



## Turkey meatballs in olive & courgette sauce

**SERVES** 4 **PREP** 15 mins **COOK** 30 mins
EASY | FOLATE | IRON | 2 OF 5 A DAY | ❄

**500g turkey mince**
**4 tbsp fresh white breadcrumbs**
**½ onion, grated**
**2 tsp fennel seeds, ground with a pestle and mortar**
**2 tbsp olive oil**
**3 courgettes, cut into half-moons**
**2 garlic cloves, finely sliced**
**400g carton chopped tomatoes with olives**
**400g linguine**
**grated Parmesan, to serve**

**1** Mix the first 4 ingredients together in a bowl and season generously. Roll into 12 meatballs.
**2** Heat half the oil in a large frying pan. Pop in the meatballs and brown all over. Remove from the pan and set aside. Add the rest of the oil and tip in the courgettes and garlic. Cook for 3 mins to soften. Pour in the chopped tomatoes, plus half a carton of water and the meatballs. Simmer for a further 15-20 mins, or until the meatballs are cooked through and the sauce has really thickened.
**3** Meanwhile, cook the pasta following pack instructions. Drain and mix with a few tbsp of the tomato sauce to coat. Top with the meatballs and remaining sauce. Sprinkle with Parmesan and serve.

**PER SERVING** energy 564 kcals • fat 12g • saturates 7g • carbs 70g • sugars 7g • fibre 3g • protein 42g • salt 0.8g »



## Spring onion quesadillas with guacamole salad

**SERVES** 2 **PREP** 15 mins **COOK** 15 mins

EASY | V | CALCIUM | FOLATE | FIBRE | VIT C | IRON | 3 OF 5 A DAY | GLUTEN FREE

**10 spring onions, trimmed**
**2 tbsp pumpkin seeds, plus extra to serve**
**1 tbsp olive oil, plus 1 tsp**
**2 soft flour tortillas (or gluten-free alternative)**
**10 slices of jalapeño chilli (from a jar)**
**85g cheddar, grated**
**1 avocado, halved, stoned and peeled**
**juice 1 lime**
**small pack coriander, plus extra leaves to serve**
**½ cucumber, peeled, halved lengthways and sliced on the diagonal**
**2 Little Gem lettuces, cut into thin wedges**

**1** Boil a pan of water and add the spring onions. Cook for 2-3 mins until just tender, then drain and run under very cold water. Set aside on some kitchen paper. Toast the pumpkin seeds for 1-2 mins in a hot, dry pan until slightly golden. Tip into a bowl and leave to cool.

**2** Heat a griddle pan on a high heat. Drizzle the spring onions with 1 tsp olive oil and season. Griddle for 2 mins each side until lightly charred. Lay out a tortilla and place the spring onions across, top to tail. Scatter over the jalapeños and the cheese. Top with the other tortilla and press together. Cook in the griddle pan for 1-2 mins each side, turning carefully, until the cheese has melted and the tortilla is crisp.

**3** Meanwhile, whizz together the remaining oil, the avocado, lime juice, coriander and 1 tbsp water. Season the dressing before tossing with the cucumber and lettuce. Sprinkle with pumpkin seeds and the remaining coriander leaves. Cut the quesadilla in quarters and serve with the salad.

**PER SERVING** energy 625 kcals • fat 45g • saturates 15g • carbs 26g • sugars 8g • fibre 14g • protein 22g • salt 1.9g



## Sticky citrus chicken

**SERVES** 2 **PREP** 15 mins **COOK** 40 mins

EASY | LOW CAL | 1 OF 5 A DAY | ❄

**2 skinless chicken breasts**
**1 heaped tbsp plain flour, seasoned**
**2 tbsp olive oil**
**1 banana shallot, finely sliced**
**1 carrot, cut into matchsticks**
**½ x 500g tub fresh chicken stock**
**juice and zest 1 lemon**
**juice and zest 1 orange**
**1 tbsp each soy sauce and clear honey**
**cooked spring greens and steamed rice, to serve**

**1** Place the chicken breasts between 2 pieces of baking parchment and lightly bash with a rolling pin to flatten. Dip each one in the flour to coat on both sides. Heat half the oil in a non-stick pan and fry the chicken for 2 mins each side until golden. Remove and set aside.

**2** Add the remaining oil to the pan and tip in the shallot and carrot. Cook for 5 mins or until soft. Add the chicken stock, citrus juice and zests, soy sauce and honey. Continue to bubble down for 10 mins until thickened.

**3** Return the chicken to the pan and turn down the heat. Simmer for 15-20 mins until the chicken is cooked through and the sauce is thick and glossy. If it gets too thick, add a splash of water. Season the chicken and serve with the sauce spooned over. Serve with greens and rice.

**PER SERVING** energy 386 kcals • fat 13g • saturates 2g • carbs 29g • sugars 17g • fibre 4g • protein 36g • salt 1.9g

## Roast radish, new potato & peppered mackerel salad

**SERVES** 4 **PREP** 15 mins plus cooling **COOK** 30 mins
EASY VIT C OMEGA-3 1 OF 5 A DAY GLUTEN FREE

**2 x 200g bags radishes**
**500g baby new potatoes, halved (or quartered if large)**
**5 tbsp olive oil**
**3 tbsp Greek-style yogurt**
**juice ½ lemon**
**1 small garlic clove, crushed**
**½ small pack dill, most finely chopped, a few fronds reserved to garnish**
**2 bags lamb's lettuce (about 140g)**
**300g pack smoked peppered mackerel fillets, skin removed, broken up into large flakes**

**1** Heat oven to 220C/200C fan. Put the radishes and potatoes in a shallow roasting tin. Drizzle with 2 tbsp of the olive oil and season. Roast in the oven for 30 mins, tossing once, until tender and golden.
**2** Meanwhile, make the dressing. Whisk together the remaining oil, the yogurt, lemon juice, garlic, chopped dill and seasoning. It may separate slightly and need whisking again before serving.
**3** Remove the veg from the oven and allow to cool for 5 mins. Toss the lettuce in the dressing, top with the veg and then the fish. Sprinkle over the reserved dill fronds and serve.

**PER SERVING** energy 548 kcals • fat 41g • saturates 9g • carbs 23g • sugars 5g • fibre 3g • protein 19g • salt 1.6g



## Spicy noodles with spring onions & fried eggs

**SERVES** 4 **PREP** 10 mins **COOK** 10 mins
EASY V LOW CAL FIBRE

**4 nests of wholewheat noodles**
**2 tbsp sunflower oil, plus a little to coat the noodles**
**6 spring onions, 1 very finely chopped, 5 sliced**
**½ red chilli, deseeded and finely chopped**
**1 heaped tbsp Madras curry paste**
**2 carrots, cut into discs on the diagonal, then sliced**
**1 Chinese leaf cabbage, roughly sliced**
**1 tbsp soy sauce, plus extra to taste**
**4 eggs**

**1** Cook the noodles following pack instructions, drain and toss in a little oil. Mix the very finely chopped spring onion and chilli in a small bowl with a pinch of seasoning. Set aside.
**2** Heat half the oil in a wok. Add the curry paste and cook for a couple of mins. Tip in the carrots and cook for 2 mins more. Add the sliced spring onions and cabbage, and cook until soft. Toss in the noodles and soy sauce and warm through.
**3** While the noodles are warming, heat the remaining oil in a large frying pan and crack in the eggs. Sprinkle the chilli mixture over the egg whites. Cook to your liking. Serve on top of the noodles with extra soy sauce to taste.

**PER SERVING** energy 471 kcals • fat 16g • saturates 3g • carbs 59g • sugars 6g • fibre 6g • protein 18g • salt 2.6g GI



# Meaty matters

Try something exotic and unique the next time you're cooking with lamb and beef!



**Chukandar Gosht (Slow-cooked beetroot & beef curry), recipe p30**



**Whipped hummous with lamb, recipe p30**



## Chukandar gosht (Slow-cooked beetroot & beef curry)

**SERVES** 3 **PREP** 15 mins **COOK** 1 hr 40 mins
EASY | FOLATE | IRON | 2 OF 5 A DAY | GLUTEN FREE

**3-4 tbsp corn oil or sunflower oil**
**1 black cardamom pod (preferable) or 3 green cardamom pods**
**2.5cm piece of cinnamon**
**1 tsp each cumin and coriander seeds**
**2 medium red onions, sliced**
**1 tsp each grated garlic and ginger**
**2 medium tomatoes, chopped**
**1 tsp red chilli powder**
**450g stewing beef, cut into 2.5cm chunks**
**350g raw beetroot, grated**

**TO SERVE**
**Small handful of coriander leaves**
**1 green chilli, chopped**
**Squeeze of ½ a lime**
**Naan bread or cooked basmati rice**

**1** Using a large, non-stick lidded wok or saucepan, heat the oil over a medium flame, add the cardamom, cinnamon, cumin and coriander seeds. Once the spices start to sizzle, add the onions and stir-fry until light golden brown.
**2** Add the garlic and ginger, and cook for 1 min until it no longer smells raw. Add a splash of water if the garlic and ginger start to stick to the pan, then add the tomatoes and cook until soft.
**3** Add 1 tsp salt, red chilli powder and the beef, turn up the heat and stir-fry until the meat is sealed on all sides. Reduce the heat to medium-low, cover loosely and cook for about 10 mins.
**4** Turn up the heat and add the grated beetroots. Stir-fry for a few mins, then cover the pan, reduce the heat and cook for 1 hr 15 mins or until the meat is tender. Stir from time to time and add a little water if the curry becomes dry.
**5** The finished dish should be a thick mushy curry with chunky, tender beef pieces and softened beetroots. Sprinkle with the coriander leaves and green chilli; add a squeeze of lime, and serve with naan or basmati rice.

**PER SERVING** 326 kcals • protein 25g • carbs 12g • fat 20g • sat fat 5g • fibre 4g • sugar 10g • salt 1.5g



## Whipped hummous with lamb

**SERVES** 4 **PREP** 20 mins plus overnight soaking (optional) **COOK** 15 mins plus cooking the chickpeas (optional) EASY | 1 OF 5 A DAY | GLUTEN FREE

**FOR THE HUMMOUS**
**2 tbsp tahini paste**
**3 tbsp lemon juice, plus extra if needed**
**100g dried chickpeas, soaked overnight and cooked, or 200g canned chickpeas (see soaking and cooking chickpeas, far right)**
**1 garlic clove, finely chopped**
**3 small ice cubes**
**Pinch of ground allspice**
**FOR THE LAMB**
**25g salted butter**
**1 small onion, finely chopped**
**1 tbsp pine nuts**
**2 garlic cloves, finely chopped**
**85g minced lamb**
**1½ tsp pomegranate molasses**
**Pinch of ground allspice**
**Pomegranate seeds, for garnish**
**Chopped mint leaves, for garnish**
**TO SERVE**
**Arabic bread**

**1** For the hummous, put the tahini, lemon juice and 1 tbsp water in a bowl and mix.
**2** Drain the cooked chickpeas, then loosen their skins by rinsing them under cold water several times. Cover them with water, swish them with your hands and discard any loosened skins.
**3** Transfer the chickpeas and the garlic to a food processor and pulse for 30 secs. Add an ice cube, then pulse again. Repeat with the remaining ice cubes until you have a smooth paste.
**4** Pour in the tahini and lemon mixture, and pulse until you have a well-blended purée. Add the allspice, season to taste with salt, then pulse once more for about 1 min. If the hummus is too thick, add a little more lemon juice or water (being careful not to dilute the zesty flavours). Transfer the hummous to a serving bowl, cover and set aside.
**5** For the lamb, melt the butter in a heavy-based frying pan over a medium heat, add the onion and cook for 4-5 mins until soft. Stir in the pine nuts and cook for 2 mins.
**6** Add the garlic to the pan, mix well and cook for about 1 min until aromatic. Stir in the lamb and cook for 3-4 mins until just browned. Pour the pomegranate molasses over the lamb mix, stir in the allspice and season well.
**7** Make a well in the middle of the hummous and spoon in the hot meat and any juices. Sprinkle with pomegranate seeds and mint. Serve with Arabic bread.

**PER SERVING** 232 kcals • protein 11g • carbs 12g • fat 16g • sat fat 4g • fibre 4g • sugar 4g • salt 0.6g

### SOAKING AND COOKING CHICKPEAS

**Put the dried chickpeas in a large bowl (they will double in size), cover with two times their volume in cold water and leave to soak overnight.**

**Rinse the soaked chickpeas under cold water and put them in a heavy-based saucepan. Cover with water.**

**Bring to the boil over a medium-high heat, then reduce the heat to low and partially cover. Cook for 30 mins. Cover the pan fully and cook for a further 1 hr for tender, 1½ hrs for mushy, skimming off any scum that forms with a spoon. Drain, then use as required.**

Food styling JENNIFER JOYCE | Styling JENNY IGGLEDEN



# Seven flavours of Ramadan

Experience the taste of Arabia at Delphine Restaurant, The H Dubai, this Ramadan, where a bespoke cultural showcase invites diners to engage with heritage of the region in a vibrant setting.

Journey through authentic Arabia this Ramadan at Delphine Restaurant inside The H Dubai. Exploring seven individual flavours from the Islamic world across seven days, guests will embark on an unparalleled gastronomic experience designed to deepen the understanding of Ramadan celebrations. Iftar begins with a generous selection of freshly prepared mezze served sharing style directly to the table, and guests are then guided to the live cooking stations to select freshly prepared mains and desserts where every day, one of seven regional flavours will be represented – including Emirati, Moroccan, Syrian, Turkish, Egyptian, Lebanese and Iranian cuisines. Surrounded by contemporary Arabesque decor, diners can sample signature dishes such as bukari rice, lamb maklouba, Turkish fish stew, chicken moloukhia, mixed mahashi and Iranian mix grill, whilst a live Oud player will set the mood for ambiance and enjoyment.

**During Ramadan all guests will receive 50% discount on spa treatments at The H Dubai.**

## *A TASTE OF DELPHINE*

### Ema soup (beef kofta soup)

**SERVES 8 -10 | PREP 20MINS | COOK 30MINS**



**500g very finely ground beef, or lamb**
**1 small onion, finely chopped**
**115g fresh parsley, chopped**
**¼ tsp allspice**
**¼ tsp black pepper**
**½ tsp salt**
**60ml vegetable oil for frying**
**1 tbsp tomato paste, dissolved in 120ml water**
**115g rice**
**115g vermicelli**
**Small handful of parsley for garnish**

**1** To prepare the kofta balls, mix together the ground beef, onion, parsley, allspice, black pepper and salt. Knead well. Process the mixture in a food processor until well combined. Divide the kofta into marble-sized balls.

**2** In a deep skillet, heat vegetable oil and fry the kofta balls until they start turning brown. Remove on a plate and set aside.

**3** In a saucepan, bring to a boil 1l of water. Add in the fried kofta meatballs, tomato paste, rice and vermicelli. Cook until the rice is done and it takes soup consistentcy. ake it to Soup Consistency.

**4** Add seasoning and garnish with finely chop parsley. Serve hot.

### Chicken molkhia

**SERVES 8 – 10 | PREP 20MINS | COOK 45MINS**



**1 minced molokhia packet**
**Half a stick of butter**
**5 cloves of garlic, minced**
**1 tbsp of ground coriander seeds**
**480ml of hot chicken broth**
**Salt & pepper, to taste**

**1** Thaw the molokhia at room temperature at least 2 hours prior to cooking.

**2** In a saucepan, melt butter, and fry garlic until golden. Add coriander seeds, and cook for an additional minute.

**3** Add the hot chicken broth, bring to a boil, and then reduce heat to medium. Add the partially thawed molokhia.

**4** Keep stirring till completely mixed with the soup, add salt and pepper as required. Continue stirring over medium heat, making sure you never reach the boiling point for approx. 15 minutes, until the soup thickens.

**5** When soup is thick and really hot, turn off heat and serve.

**RAMADAN CUISINE OFFERINGS:**

Sunday: **Emirati**
Monday: **Moroccan**
Tuesday: **Syrian**
Wednesday: **Turkish**
Thursday: **Egyptian**
Friday: **Lebanese**
Saturday: **Iranian**

**NEED TO KNOW**

**WHERE:** Delphine Restaurant, The H Dubai, Sheikh Zayed Road
**WHEN?** Sunset to 8.30pm
**HOW MUCH?** Dhs160 per person
**BOOK:** 04-5018623

# Why are Mediterranean diets so healthy?

The temperate isles of the Mediterranean are home to sun, sea and delicious dishes thought to hold the key to good health. But what is it that makes a Mediterranean diet quite so good for us? Victoria Taylor, Senior dietitian at the British Heart Foundation, gives her view on the healthy benefits of the sunshine cuisine...



There has been a lot of talk recently about whether fat or sugar is the worst offender when it comes to our diets. But by focusing on individual dietary components it's easy to miss the bigger picture. While it's important to understand how different foods and nutrients affect our health, a whole diet approach offers a more helpful way of looking at our eating habits and choices.

## What is a Mediterranean diet?

A typical Mediterranean diet includes lots of vegetables, fruits, beans, cereals and cereal products, for example wholegrain bread, pasta andbrown rice. It also contains moderate amounts of fish, white meat and some dairy produce.

It's the combination of all these elements that seems to bring health benefits, but one of the key aspects is the inclusion of healthy fats. Olive oil, which is a monounsaturated fat, is most commonly associated with the Mediterranean diet but polyunsaturated fats are also present in nuts, seeds and oily fish.

## What are the health benefits?

Research into the traditional Mediterranean diet has shown it may reduce our risk of developing conditions like type 2 diabetes, high blood pressure and raised cholesterol, which are all risk factors for heart disease.

Researchers have also found that people who closely follow a Mediterranean diet may live a longer life and be less likely to put on weight.

## How does it work?

As research into the benefits of this type of diet is on going, there may eventually be certain foods that are found to have greater significance for health. For now however, it seems it is the overall diet approach and the combination of foods, rather than individual 'superfoods', that make this such a healthy way to eat.

This makes sense, as it's true to say that if you are eating an unhealthy diet, full of processed foods, adding one element, such as olive oil, is unlikely to have noticeable health benefits if that's the only change you make. However, if you adjust your whole diet so you eat a little less meat and more fish, opt for healthy fats and eat more fruit and vegetables, then it could make a significant difference.

# Try some of our favorites



## Roast fish, Italian style

**SERVES** 4 **PREP** 5 mins **COOK** 15 mins EASY

**4 fillets white fish, skin on and scaled**
**1 tbsp olive oil**
**500g cherry tomatoes, halved**
**50g black olives, pitted**
**25g pine nuts**
**good handful basil leaves**
**extra virgin olive oil, to drizzle**

**1** Heat oven to fan 200C/180C fan. Season the fish. Heat the oil in a large frying pan, then cook the fillets, skin-side down, for 2-3 mins until crisp. Transfer to a large roasting tin, also skin side down. Scatter the tomatoes, olives and pine nuts around the fish, then season.
**2** Roast for 12-15 mins, until the fish flakes easily. Remove from the oven and scatter the basil over. Spoon onto warm serving plates and top each with fish and a drizzle of extra virgin olive oil to serve.
**PER SERVING** 295 kcals • protein 28g • carbs 4g • fat 19g • sat fat 2g • fibre 2g • sugar 4g • salt 0.45g

### Healthy benefits

Frequent consumption of white fish can significantly improve blood pressure, lower cholesterol and be an aid for weight loss. Most white fish is also a natural source of omega-3 fatty acids.

## Gnocchi with roasted squash & goat's cheese

**SERVES** 4 **PREP** 15 mins **COOK** 20 mins
EASY V LOW FAT

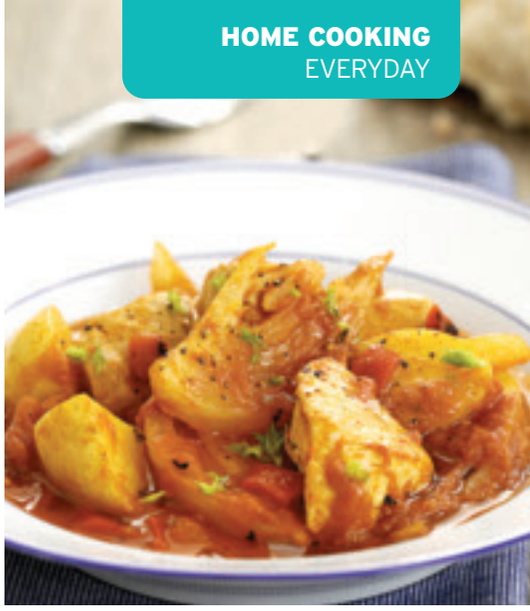
**450g butternut squash, peeled and cut into small chunks**
**1 garlic clove**
**2 tbsp olive oil**
**500g pack fresh potato gnocchi**
**200g young spinach**
**100g soft goat's cheese**

**1** Heat oven to 200C/180C fan. Tip squash into a roasting tin with the garlic and oil. Season, mix well, then roast for 20 mins, shaking the pan halfway through.
**2** Meanwhile, boil gnocchi according to pack instructions. With a few secs to go, throw in spinach, then drain. Tip into the roasting tin, then mix everything together well, mashing the softened garlic. Spoon onto warm serving plates, then tear over the cheese to serve.
**PER SERVING** 333 kcals • protein 11g • carbs 53g • fat 10g • sat fat 4g • fibre 5g • sugar 8g • salt 1.76g



### Healthy benefits

Squash is a great source of vitamins A and C, dietary fibre, vitamin B6, manganese, copper, potassium and folate.



## Chicken, fennel & tomato ragout

**SERVES** 2 Easily doubled **PREP** 10 mins
**COOK** 25 mins EASY LOW FAT VIT C 4 OF 5 A DAY

**1 large fennel bulb**
**1 tbsp olive oil**
**2 boneless, skinless chicken breasts, cut into chunks**
**1 garlic clove, chopped**
**200g new potatoes, cut into chunks**
**400g can chopped tomatoes**
**150ml chicken or vegetable stock**
**3 roasted red peppers in brine from a jar or deli counter, chopped**

**1** Trim green tops off fennel and reserve. Halve, then quarter fennel, cut out core, then cut lengthways into slices. Heat the oil in a pan, add chicken, then quickly fry. Add the fennel and garlic, then briefly stir.
**2** Tip in potatoes, tomatoes, stock and a little seasoning, then bring to the boil. Cover, simmer for 20 mins until the potatoes are tender, stir in peppers, then heat through. Roughly chop reserved fennel fronds, then sprinkle over the ragout. Serve with crusty bread.
**PER SERVING** 351 kcals • protein 42g • carbs 28g • fat 9g • sat fat 1g • fibre 6g • sugar 10g • salt 1.43g »

### Healthy benefits

This dish is very nutritious – chicken is a good source of protein and selenium, and fennel is rich in B vitamins. Cooking intensifies the lycopene in tomatoes, which is a cancer-fighting antioxidant.

*Guilt-free cooking is simple when your recipes reflect the Mediterranean diet of southern Italy – plenty of vegetables, olive oil and lean meat or fish*

## Lamb souvlaki with flatbreads

**SERVES** 8 **PREP** 30 mins plus 1 hr rising and marinating **COOK** 15 mins A LITTLE EFFORT

**2kg boned shoulder of lamb**
**2 tbsp chopped fresh oregano or 1 tbsp dried, Greek if possible**
**juice 1 large lemon**
**150ml extra-virgin olive oil**
**FOR THE FLATBREADS**
**350g plain flour**
**1 tsp salt**
**2 tsp easy-blend yeast**
**2 tsp extra-virgin olive oil**
**TO SERVE (optional)**
**1 quantity Tzatziki**
**250g ripe tomatoes, sliced**
**2 pickled cucumbers or large gherkins, thinly sliced lengthways**
**mild green pickled chillies, sliced (optional)**
**a little paprika, for sprinkling**

**1** Cut the lamb into strips and cubes, trimming away any excess fat. Put the meat into a bowl with the oregano, lemon juice, olive oil, 2 tsp salt and some black pepper, then leave to marinate at room temperature for 1 hr.
**2** For the flatbreads, sift the flour, salt and yeast into a bowl and make a well in the centre. Add 250ml warm water and olive oil and mix together to make a soft dough. Transfer to a lightly floured surface and knead for 5 mins. Put back into the bowl, cover, then leave somewhere warm for about 1 hr until doubled in size.
**3** Punch back the dough, turn it out onto a lightly floured surface and knead once more until smooth. Divide into 8 pieces and roll each one into a ball. Cover and leave to rise for 10 mins. Meanwhile, heat oven to 240C. Working with one ball of dough at a time, roll it out flat until it is about 22cm across. Place it on a greased baking sheet, spray lightly with a little water and bake for 2-3 mins. Keep warm in a tea towel. Repeat for the rest of the breads.
**4** Light your barbecue. Thread about 5 pieces of meat, folding thinner strips in half, onto sixteen 25cm long metal skewers. Cook, in batches if necessary, for 6 mins, turning 2-3 times during cooking until nicely browned on the outside and cooked through but still moist and juicy in the centre. Transfer to a serving platter and keep warm while you cook the remainder.

**PER SERVING** (MEAT AND BREAD ONLY) 749 kcalories • protein 46g • carbohydrate 34g • fat 49g • saturated fat 18g • fibre 1g • sugar 1g • salt 1.00g

### Healthy benefits

Lamb is a nourishing source of iron and an average portion can provide 20% of the recommended daily intake for men and 12% for women.





## Panzanella Amalfitana (Bread, tomato & tuna salad)

**SERVES** 6 **PREP** 30 mins **COOK** 1 hr EASY

**500g stale, good-quality country bread, cut into chunks**
**1kg very ripe vine tomatoes, quartered, reserving the juice from the tomatoes when cutting**
**150ml extra-virgin olive oil**
**18 anchovy fillets**
**handful black olives, pitted and halved**
**1 celery heart, thinly sliced, plus a handful celery leaves, roughly torn**
**couple handfuls fresh basil leaves**
**1 large red onion, finely chopped**
**1 red and 1 yellow pepper, deseeded and cut into julienne strips**
**1 small cucumber, thinly sliced**
**500g can good-quality tuna in olive oil, drained**

**1** Heat oven to 120C/fan 100C and put the chunks of bread onto a baking tray. Bake for about 1 hr until very crusty and dry. Put into a large bowl and sprinkle with a little water and the juice from the tomatoes. Drizzle with 6 tbsp of the oil and leave to rest for a couple of mins.
**2** Add the anchovy fillets and olives and toss well using your hands. Add the celery, celery leaves and basil leaves and toss well again. Then add the tomatoes, onion, peppers and cucumber and toss well. Mix in the tuna chunks and stir in the remaining oil. Season with salt and pepper to taste. Add a little more oil, if necessary.

**PER SERVING** 619 kcalories • protein 31g • carbohydrate 53g • fat 33g • saturated fat 5g • fibre 5g • sugar 12g • salt 2.80g

### Healthy benefits

Contrary to popular belief, canned tuna provides high-quality protein, selenium, potassium, omega-3 fatty acids and B vitamins.

*Recipes adapted from cooking in provence by ALEX MACKAY AND PETER KNAB , AND RICK STEIN'S MEDITERRANEAN ESCAPES*



## Tian d'aubergines (Aubergine gratin)

**SERVES** 6 **PREP** 20 mins **COOK** 1 hr 30 mins to 1 hr 45 mins EASY V VIT C 5 OF 5 A DAY

**1kg onions, peeled and finely sliced**
**50ml olive oil, plus a little extra for drizzling**
**1 tsp caster sugar**
**4 fat tomatoes**
**2 large courgettes**
**2 medium aubergines**
**100g log goat's cheese, crumbled**
**few pinches thyme or savory leaves, dried or fresh**

**1** Heat oven to 160C/fan 140C. Put the onions into a shallow pan with a tight-fitting lid with the olive oil, sugar, 1 tsp salt and 100ml water. Cover the pan, then cook the onions, without colouring, for about 10 mins or more until completely soft and creamy. Take off the lid, turn up the heat and stand over the onions, stirring frequently, for 15 or so mins until they are a dark caramel colour and the liquid has all but gone. Spoon out the onions and spread them evenly across the base of your tian dish or individual dishes.
**2** Slice the tomatoes, courgettes and aubergines about 1cm thick, then arrange them in slices, finishing with the goat's cheese. Season well with salt and pepper and sprinkle with the thyme or savory leaves.
**3** Drizzle as much or as little olive oil as you like over the top and cover the dish with foil. Bake for 45 mins, then lift off the foil and bake for a further 30-45 mins uncovered or until almost dried, the tomatoes dark and all of the flavour very, very concentrated.

**PER SERVING** 248 kcalories • protein 7g • carbohydrate 20g • fat 16g • saturated fat 4g • fibre 6g • sugar 16g • salt 0.36g

### Healthy benefits

Aubergines are an excellent source of dietary fibre, vitamins B1 and B6 and potassium. In addition it is high in the minerals copper, magnesium and manganese.

### Healthy benefits

Halibut is rich in nutrients such as selenium, magnesium, phosphorus potassium, vitamin B12 and B6, niacin, and omega-3 essential fatty acids.

## Halibut with prawn & saffron rice

We use halibut or any white fish, depending on what the fisherman has caught.

**SERVES** 4-6 **PREP** 30 mins **COOK** about 1 hr
A LITTLE EFFORT

**4-6 sustainably caught halibut fillets, 150-200g each, skin on (or any firm white fish will be just as good)**
**FOR THE RICE**
**250g cooked, shell-on Atlantic prawns, peeled (reserve the shells)**
**700ml delicate fish stock**
**1 large pinch (about 50 strands) saffron**
**8 tbsp olive oil**
**1 medium onion, finely chopped**
**1 small green pepper, finely chopped**
**1 small fennel bulb, finely chopped**
**2 bay leaves**
**2 garlic cloves, sliced**
**¼ tsp fennel seeds**
**150g cherry tomatoes**
**200g Calasparra (paella) rice**
**TO SERVE**
**1 lemon, cut into quarters**
**1 quantity Almond alioli**
**150g watercress, dressed lightly with olive oil and lemon**

**1** Simmer the prawn shells in the fish stock for 5 mins, then strain through a fine sieve. Measure out 650ml of this broth, discarding any excess. Add the saffron to the stock while it is still hot, then leave to steep.
**2** Heat the olive oil in a paella pan or a large (30cm) frying pan over a medium heat, then add the onion, green pepper, fennel and a good pinch of salt. Fry for 15-20 mins, until softened and golden, then add the bay leaves, garlic and fennel seeds. Continue cooking for 2 mins, then add the tomatoes and cook for a further 10 mins, until they soften, smashing them with the back of a spoon.
**3** Now add the rice, stir it around for a couple of mins to coat. Add the prawn stock, bring to a simmer and taste for seasoning, then reduce the heat to low (it is best to use your largest hob so it cooks evenly). Let it bubble gently until the rice is just a little hard in the middle and still a little wet. Remove from the heat and scatter the peeled prawns on top, then cover with foil and set aside to rest while you cook the fish.
**4** Heat a large frying pan over a high heat until smoking hot. Season the halibut with salt and a little black pepper. Drizzle more olive oil into the pan to cover the bottom and gently ease in each fillet, skin-side down, shaking the pan as you go to prevent sticking. Lower the heat to medium, then fry the fillets for 5-8 mins, depending on thickness. Turn them gently, and fry for a couple more mins on the second side, until just cooked through. Serve immediately, with the saffron rice on the side, a wedge of lemon, a little alioli and the watercress.

**PER SERVING** 559 kcalories • protein 41g • carbohydrate 46g • fat 24g • saturated fat 3g • fibre 3g • sugar 5g • salt 2.58g





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Ballarò

# SUMMER SURVIVAL!

Whether you're entertaining, braving the heat, or looking for a gift, these product picks are summer must-haves.













1 **Bobble water bottles, two for Dhs27 from www.waterbobble.com.**
2 **Yonanas ice cream maker for Dhs199 at Carrefour.**
3 **Ice-bar maker from Daiso for Dhs7.**
4 **All-purpose drinks cooler from Lakeland at Dhs185.**
5 **Zoku traditional round pops for Dhs90 at Lakeland.**
6 **Kenwood Blend X Pro, Jashanmal for Dhs1300.**
7 **Kate Spade New York rosa terrace table linen, from Dhs178 at Bloomingdale's Dubai.**
8 **Acrylic dessert bowl, Dhs21 at Lakeland.**
9 **Wildflower oval serving dish for Dhs169 at Zara Home.**
10 **Vinobile water pitcher by Villeroy & Boch for Dhs220.**

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED

# Health update
# Superfoods that make a difference

Get the most out of food by adding some of our top-pick superfoods to your diet today.



## Shiitake mushrooms

contain phytochemicals, which are thought to strengthen the immune system. They may also help protect against cancer by preventing normal cells from developing into tumours. **How much makes a difference?** Like other mushrooms, they contain B vitamins, and 3-4 tbsp of cooked mushrooms counts as one of your five servings of fruit and veg a day.



## Cranberries

and cranberry juice contain phytochemicals called proanthocyanins (PACs), which help prevent bacteria sticking to the bladder wall and causing infections such as cystitis. New research also suggests they may help to reduce the risk of heart disease. **How much makes a difference?** These PACs are only effective for about 10 hours so you need to drink a 200ml glass of juice morning and evening.



## Oats

provide useful amounts of the B vitamins thiamin, riboflavin and B6 and the minerals calcium, magnesium, iron and zinc. They are rich in beta glucan, a soluble fibre that helps the body to get rid of cholesterol, and antioxidants, which are believed to help prevent the oxidation of cholesterol; oxidised cholesterol is more likely to be deposited in blood vessels through which blood has to flow to get to the heart. **How much makes a difference?** Eat 50g a day – one bowl of porridge or muesli.



## Brazil nuts

contain heart-friendly monounsaturated fats, as do other nuts, that help to reduce cholesterol levels. But what makes them really special is their selenium content, which is vital for a healthy immune system, and also protects against free radicals that can generate heart disease, cancer and premature ageing. **How much makes a difference?** Just four nuts provide over 100% of the recommended daily amount.



## Tenderstem broccoli

contains glucosinolates, which are believed to help protect against cancer by detoxifying cancer-causing substances. It was ranked number one in the US National Cancer Institute's list of all-round anti-cancer vegetables. Tenderstem broccoli contains up to five times more glucosinolates than regular broccoli, partly due to plant breeding techniques. **How much makes a difference?** Try to eat broccoli at least once a week.

## Oily fish

are rich in omega-3 fats, which are vital for brain development, help to keep the heart healthy, reduce the risk of stroke and have an anti-inflammatory effect. People who suffer from depression often have low levels of omega-3s. **How much makes a difference?** For general health, eat at least two portions of fish a week, one of which should be an oil-rich variety.



## Tea

Both black and green teas are rich in phytochemicals called flavonoids. These have been shown to help prevent the oxidation of LDL cholesterol, which in turn reduces the risk of cholesterol being deposited in the blood vessels, and also reduces the risk of thrombosis. **How much makes a difference?** Studies suggest you need to drink 2-4 cups a day.



Nutrition advice FIONA HUNTER | Photographs CLAIRE WOODALL, MYLES NEW and SHUTTERSTOCK

## Wild salmon



is a great source of protein and contains minerals such as iodine, potassium and zinc. It also contains omega-3 fats - the ultimate anti-ageing nutrient and a major component of brain and nerve tissues. Omega-3 fats are also beneficial for good eyesight. Wild salmon contains loads of vitamin D and selenium for healthy hair, skin, nails and bones. For optimum health benefits, consume salmon at least three times a week.

**How to use:** On sandwiches, for breakfast with poached eggs , in soups and pasta dishes, or cook up some salmon steaks.

## Quinoa

is perfect as a fast and filling nutritional breakfast - just add almond milk for an added boost of protein. Not strictly a grain, quinoa (pronounced keen-wah) is derived from the seed of a plant related to spinach and is a true superfood. It is a complete protein food, which means it contains all the essential amino acids your body needs to build muscle and repair itself. As well as being high in protein, with few carbohydrates and a dose of healthy fats, quinoa contains an amino acid called lysine, as well vitamin B6, thiamine, niacin, potassium, riboflavin, copper, zinc, magnesium and folate. **How to use:** In porridge, salads and soups, and as a side dish.





## Kale

is a fibre-rich, dark green leafy vegetable which looks similar to spinach and is jam-packed with essential vitamins and minerals. The vitamin A and C in kale is fantastic for your skin and can slow down premature ageing. It also contains lutein, a nutrient that is beneficial for your body and complexion, and also brightens the whites of the eyes. One serving of cooked kale provides more than half the recommended daily allowance of vitamin C.

**How to use:** Add to stir-fries or hearty vegetable soups, or crisp it in the oven with extra virgin olive oil and sea salt as a nutritious snack.

## Onions



contain a high concentration of quercetin, an antioxidant that helps protect and strengthen damaged cells. Onions are great for raising good cholesterol levels, lowering high blood pressure and helping to thin the blood, warding off blood clots.

**How to use:** In stir-fries , scrambled eggs, baked whole with roasts , British onion soup , in stews, pasta sauces , and added to savoury muffins.

## Garlic

inRoast chicken with garliccreases immune function by promoting the growth of white cells - the body's natural germ fighters. Garlic has been proven to slow the growth of harmful bacteria, yeasts and fungi. Fresh garlic is always the best choice and is a good alternative to antibiotics. Both fresh and dried garlic have been shown to lower harmful LDL cholesterol and high blood pressure. I take two crushed cloves a day with water to keep bugs out of my system and avoid picking up flus or viruses.

**How to use:** Crushed in garlic mash , roasted with vegetables or lamb , chicken or pork , in stir-fries and on garlic bread.



## Sardines

are high in omega-3 oils, contain almost no mercury (unlike larger fish), and are loaded with minerals such as calcium, iron, magnesium, phosphorus, potassium, zinc, copper and manganese, and are rich in vitamin B. Not a sardine fan? Try flax seeds, walnuts or chia seeds for an omega-3 blast. **How to use:** Mix in a salad, serve on spinach toast or buckwheat toast, serve with eggs, or use as a spread combined with mustard and apple cider vinegar.



## Nuts

are not only yummy but also contain healthy oils, fibre, vitamins, minerals, potent phytochemicals and the amino acid arginine. Walnuts are one of the best plant sources of protein, and all nuts are beneficial for heart health - eating a handful of nuts five times a week reduces your risk of coronary heart disease. Nuts are rich in fibre, B vitamins, magnesium and antioxidants such as vitamin E. If you are concerned about mould and mycotoxins in nuts, soak them in water and sea salt overnight and then dry in the oven for a yummy crispy snack.

**How to use:** As a snack, nut milks, crunchy toppings for sweet and savoury dishes, and nut flours for baking.



## Broccoli

is rich in magnesium and vitamin C, which is known to help fight infections and viruses and is considered one of the most powerful immunity boosters available. Vitamin C promotes the production of interferon, an antibody that blocks viruses and infections from getting deep into cells. **How to use:** Add to stir-fries, salads, casseroles, pasta dishes and soups, or lightly steam and serve as a side dish.



## Spinach

is bursting with delicious health benefits. It contains a cross section of phytonutrients and antioxidants, including vitamins K, C, and E, beta-carotene, coenzyme Q10, folate, iron and the carotenoids lutein and zeaxanthin.

**How to use:** In stir-fries, soups and pasta sauces, for breakfast with poached eggs, and as spinach toast.



## Eggs

have had a chequered past, but it has now been proven that eating eggs in moderation will not give you high cholesterol as originally reported. In fact, eggs have stellar stats, full of high-quality proteins, essential minerals and vitamins, including vitamin B12 and folate. An egg is a compact package of nutrition that provides every vitamin except vitamin C. Eggs are also a rich source of vitamin K - one egg contains one-third of the daily recommended amount for women. I usually have about two or three servings per week.

**How to use:** Poached, scrambled, baked, in frittatas, omelettes, baked goods and sauces. For a quick on-the-go snack, hard-boil a batch of eggs.



Text by ROXANNE FISHER | Photographs SHUTTERSTOCK

# Super food, super you

Revitalise this summer and trade in everyday salad recipes for delicious, superfood summer salads. Packed full of essential vitamins and nutrients, these recipes by Ultra Brasserie's head chef, Andrew Matthews, are perfect for keeping in tip-top shape.

## Broccoli Salad

**SERVES** 4 **PREP** 20mins **COOK** 30mins

**600g broccoli, washed**
**300g small to medium button mushrooms, washed**
**100ml olive oil**
**4 small pinches of salt**
**2 small red onions**
**2 tsp chili flakes**
**2 tsp turmeric powder**
**200ml low-fat Greek yoghurt**

**1** Pre heat oven to 180C. Chop broccoli into small florets. Place into medium pot of boiling water and cook until tender for 4 to 6 mins. Immediately place into water and ice to stop any further cooking. Strain once cool and set aside.
**2** Place mushrooms into mixing bowl and coat with olive oil and a pinch of salt. Place in oven and cook for 15 to 20 mins depending on the size of the mushrooms. Once cooked set aside to cool.
**3** Slice red onion very thinly and place into a mixing bowl, add chili flakes, chilled mushrooms and broccoli.
**4** In a separate bowl whisk together the turmeric, pinch of salt and yoghurt, ensuring the turmeric is well whisked though. This will form the dressing for the salad.
**5** Combine the salad and dressing together and coat evenly. Serve with plenty of height.

Text and styling by SOPHIE MCCARRICK, ODILAINE SALALAC-MEJORADA | Photographs MAKSYN PORIECHKIN
Tableware by CRATE & BARREL

## Beetroot & du puy lentil salad

**SERVES** 4 **PREP** 15mins **COOK** 60mins (approx.)

**600g beetroot, whole**
**600g du puy lentils**
**200g snow peas, stems removed**
**2 red apples, finely sliced**
**100ml olive oil**
**2 tsp rock salt**
**140g goat's cheese**

**1** Place whole beetroot into pot and submerge with cold water. Boil beetroot until soft which may take up to an hour depending on the size of the beetroot.
**2** Whilst the beetroot is cooking place the lentils into boiling water and cook for 12 to 15 mins or until soft but holding shape. Once cooked, strain and set aside to cool.
**3** When beetroot has become soft set aside and allow to cool. Once the beetroot is cool peel and chop into 2cm cubes.
**4** Place snow peas in boiling water for 2 mins and remove. Immediately place into water and ice to stop them from over cooking. Once chilled strain water and place aside.
**5** Place beetroot cubes, cooked snow peas and lentils into mixing bowl with the apple, olive oil and rock salt. Gently toss salad ensuring everything is mixed evenly.
**6** Finally place onto plate and garnish salad with crumbled goat's cheese. >>





## Organic quinoa salad

**SERVES** 4 **PREP** 20mins **COOK** 45mins

**300g organic quinoa, boiled and chilled**
**440g free-range chicken breast**
**300ml extra virgin olive oil**
**4 tbsp rock salt**
**2 tbsp crushed black peppercorns**
**30 red cherry tomatoes, washed and cut in half**
**160g baby spinach, washed**
**Australian mango, peeled and thinly sliced**
**100ml lime juice**

**1** Place quinoa with 700ml of water in pot and bring to boil. Once boiling place on low heat and continue stirring occasionally until water is evaporated. Set aside to cool.

**2** Run knife horizontally through the chicken breasts twice to create 3 thin pieces of chicken breast. Slice chicken into 1cm thick batons and place into a mixing bowl. Toss chicken pieces with olive oil, 2tbsp of rock salt and pepper. Ensure chicken is evenly coated.

**3** In a large nonstick pan add 40ml of olive oil and preheat on medium to high heat. Once hot add chicken and sauté for 6 to 8 mins, tossing every minute or so. Allow to rest and cool.

**4** Once quinoa and chicken are chilled and the remaining ingredients into a mixing bowl and gently toss.

**5** To serve, place salad into a deep bowl and place some of the cherry tomato, spinach and mango on top of the salad for contrast.

# Baby rocket salad

**SERVES** 4 **PREP** 15mins **COOK** 20mins

**55g fennel, thinly sliced**
**2 oranges, segmented**
**280g baby rocket**
**80g pomegranate seeds**
**40g blueberries**
**125ml passion fruit pulp**
**65ml olive oil**

**1** Ensure all fruit and vegetables are washed. Thinly slice the white body of the fennel, avoiding the core and set aside.
**2** Peel the orange, remove all pith and cut out the segments avoiding the seeds and core. Set aside. In a mixing bowl add fennel slices, orange segments, baby rocket, pomegranate seeds and blueberries.
**3** In another bowl with a fork mix together the passion fruit pulp and olive oil to create the dressing. Leave some of the mixture aside for plating. Gently toss the salad and pulp dressing together ensuring all the salad is coated.
**4** In the center of a round plate serve with height and finish by drizzling the outer edges of the salad with the pulp dressing.



# Quench your thirst

The amount of water you consume can significantly impact overall health, particularly during the summer heat. Barbara Baker lends advice to staying hydrated and healthy.

Photograph SHUTTERSTOCK




*Drink six to eight glasses of water a day - all fluids count, but water is best*

**Q How much water should I drink?**
**A** You need about 2½ litres of fluid a day – about eight glasses – to stay hydrated. We get about ½ litre from food, particularly fruit and vegetables, and some of the rest can come from tea, coffee, juice and even beer. But it's good to aim to get at least some of the recommended intake from plain water.

If you don't eat much fruit and veg, you should drink a little more water to compensate. Staying hydrated will help to keep you energised, prevent constipation and keep your skin clear. Also, you should drink more in hot weather.

**Q Is there any difference in the health benefits of still and sparkling mineral water?**
**A** No – they both provide the same amount of hydration glass for glass, although many people find that carbonated water feels nicer in the mouth. However, the majority say that still water is more thirst-quenching – perhaps because it's easier to gulp down.

**Q Is fluoride added to all tap water and why are some people against it?**
**A** Local District Health Authorities can decide whether fluoride is added to your area's water supply. Fluoride is also present naturally in many water supplies.

Its supporters argue that it reduces dental decay, while its detractors say high levels of fluoride may be linked to bone cancer and kidney problems. Where fluoride is added, it is in controlled amounts and the Government says the risk is relatively small.

**Q Osteoporosis runs in my family. Should I buy bottled water with a high calcium content?**
**A** Calcium content in bottled water varies hugely. Pellegrino, for example, offers a whopping 185.6mg per litre compared with, say, Volvic, which contains only 11.5mg per litre. However, bottled water is an expensive way of adding calcium to your diet. Instead, try eating more calcium-rich foods, such as skimmed milk, cheese, nuts, seeds and sardines, and do talk to your GP if you are worried.

**Q I'm trying to cut down on salt. Do all bottled waters contain the same amount?**
**A** No, they vary hugely. For example, Evian contains 5mg sodium per litre compared with 190mg per litre in Badoit, so if you drank 2 litres of Badoit a day you'd be consuming just under 0.4g sodium a day. This equates to 1g of your 6g recommended daily salt limit. Many labels only give the sodium content of foods, so multiply that figure by 2.5 to get the true salt content.



## HYDRATE YOUR SKIN

The Middle Eastern sun can be harsh on skin, and now more than ever it becomes crucial for you to stay hydrated. Skin needs moisture to stay flexible. Even mild dehydration will cause your skin to look dry, tired and slightly grey. Drink six to eight glasses of water a day - all fluids count towards your daily allowance, but water is the best. If you work in an office, keep a large bottle of water on your desk to remind you to drink. Herbal, caffeine-free teas are good too. Try to avoid smoking and excessive alcohol consumption, as both can age the skin.

# Refreshing drinks

Entertaining friends doesn't have to mean overindulging. Miriam Nice creates a light yet satisfying summer beverages menu.



## Raw raspberry shrub

Shrubs are a cordial-like base made from fruit, vinegar and sugar. They're bang on trend at the moment, simple to make but with the complex flavour of a cocktail. The raspberry flavour dominates but there is a sharpness that gives the drink a really grown-up flavour.

**SERVES** 6 **PREP** 10 mins plus overnight chilling
**NO COOK** EASY LOW FAT GOOD 4 YOU GLUTEN FREE

**300g raspberries**
**50g raw honey (see left)**
**75ml raw apple cider vinegar**
**½ small pack mint, leaves only**
**750ml bottle sparkling water**
**ice**

**1** Put half the raspberries in a large bowl and lightly crush some of them with a muddler or a potato masher. Pour over the honey, stir well, cover and leave in the fridge overnight.
**2** The following day, stir in the vinegar, then tip the mixture into a sieve over a large jug and press through using the back of a spoon.
**3** Add the remaining raspberries, the mint leaves, sparkling water and ice. Stir gently to combine, then serve.

**PER SERVING** energy 42 kcals • fat none • saturates none • carbs 8g • sugars 8g • fibre 2g • protein 1g • salt none

Food styling LUCY O'REILLY | Styling SARAH BIRKS Photographs SAM STOWELL

## Basil & strawberry fizz

**MAKES** a jug for 4 **PREP** 10 mins plus freezing EASY

The night before, whizz the leaves from a **small bunch basil** with **500ml water**. Fill **2-3 ice cube trays** and freeze overnight until solid. On the day, mix **500ml sparkling water with 1.5 litres** chilled **lemonade** in a large jug. Add some basil ice cubes and **200g sliced strawberries**, stir and serve.
**PER SERVING** 338 kcals • protein 1g • carbs 31g • fat none • sat fat none • fibre 1g • sugar 31g • salt 0.16g

## Cucumber & coriander refresher

**MAKES** 1 **PREP** 5 mins EASY

Put a few **ice cubes** and a few **coriander sprigs** into a tumbler glass. Add a **chunky stick of cucumber** as a stirrer and top up with chilled **tonic water**. Give everything a good mix and enjoy.
**PER SERVING** 101 kcals • protein none • carbs 9g • fat none • sat fat none • fibre none • sugar 9g • salt 0.01g

## Mojito mocktail

**MAKES** 2 **PREP** 5 mins EASY

Muddle **1 tbsp sugar** with leaves picked from a **small bunch mint** using a pestle and mortar (or use a small bowl and the end of a rolling pin). Put a **handful of crushed ice** into 2 tall glasses. Divide the juice of **3 limes** between the glasses with the mint mix. Add a straw and top up with **soda water**.
**PER SERVING** 34 kcals • protein none • carbs 9g • fat none • sat fat none • fibre none • sugar 9g • salt 0.04g »






Food styling ANGELA BOGGIANO | Styling SUE ROWLANDS | Recipes HELEN BARKER-BENFIELD | Photograph CRAIG ROBERTSON

# Long, cool drinks

These any-time drinks are perfect thirst-quenchers for the hot days of summer.

## Watermelon crush

Refreshingly fruity – a real thirst-quencher.

**SERVES** 4

Slice **½ watermelon into thick slices**, scoop out the pips and juice the flesh. Pour into tall tumblers, add a splash of **elderflower** or **blackcurrant cordial** and top up with water and lots of ice.

## Ice-cool coffee

If you can, use fresh ground coffee for the best flavour.

**SERVES** 1

Make **2 short strong coffees** – allow to cool. Stir in a heaped tsp of **sugar**, blitz with loads of ice and half a glass of **chilled milk**. Stir well and pour into a glass to serve. Give it a boozy twist.

## Strawberry cup

Summer in a glass – full of fruit and mint.

**SERVES** 2

Stir together **1 tsp caster sugar** and the juice **1 lemon**. Half-fill two glasses with ice cubes, pour in the sugar and juice mix, then pour over **sparkling lemonade** and add lots of **sliced strawberries**, a **slice of lemon** and **mint** (or borage) leaves.

## Pomegranate fizz

Cartons of pomegranate juice can be found in the long-life juice aisle. Blueberries are an optional, and tasty, addition.

**SERVES** 1

Pour **pomegranate juice**, a generous squeeze of **orange juice** and **orange zest** into a glass half-filled with **ice cubes**. Top with **blueberries**, if you have some to hand.

## Ginger cooler

This wonderfully light and tangy drink also has a refreshing hint of spice.

**SERVES** 1

Fill a glass **⅓ full of ice cubes**, top up with **ginger beer** and serve with **lime wedges**.

## Fruity sparkler

You will find jars of fruit coulis in the chiller cabinet or with the canned fruit.

**SERVES** 1

Pour about 1cm fruit **coulis** or **fresh fruit juice** into a tall tumbler. Add a few **ice cubes** then fill to the top with **sparkling mineral water**.

## SUMMER DRINKS KNOW-HOW

- Chill empty glasses in the fridge before filling, to keep drinks really cool.
- Put the ice in first, then the liquid – this stops fizzy drinks overflowing and cools the liquid as it flows over the ice.
- Don't add ice to pre-made drinks until you're ready to serve them, as it will dilute the flavours.

### At home...

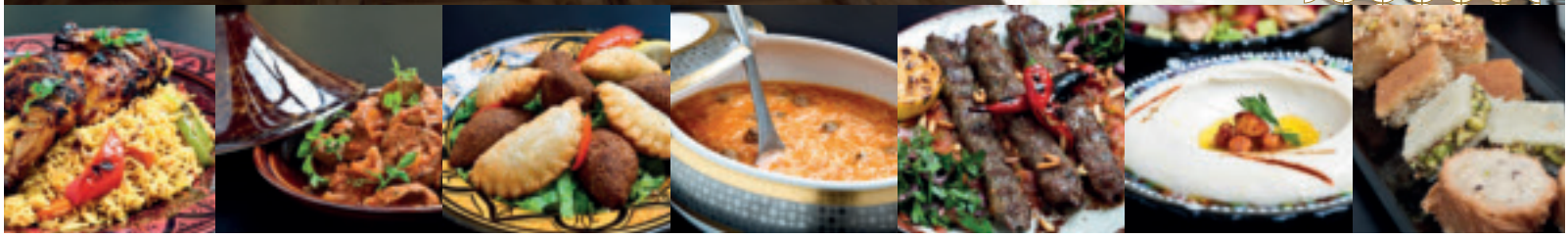
- Use plastic glasses in the garden so you don't have to worry about breakages.
- Mix a big, clear plastic bucket of punch if you're having a garden party for lots of people. It will save you time and cut down on the washing-up.
- Drop a couple of blueberries or raspberries into ice cube trays filled with mineral water, then freeze to make pretty ice cubes.
- To crush lots of ice, put the ice in a clean plastic carrier bag, wrap the bag in a dry tea towel to stop it splitting. Then, using a rolling pin, bash the ice until it's crushed. For a party, you will need a 2-3kg bag for every four guests.

### On the move...

- If you're going on a picnic, a vacuum flask is a good way to keep drinks chilled. Simply rinse it out with chilled water first, then the drink will stay cold for longer.
- Buy fresh smoothies and juices, they come ready-packaged and are easy to carry – we like the Innocent range. Individual cartons are easy to pack and transport, but buying a bigger bottle and decanting is more economical.
- Slice limes and lemons, then freeze in a plastic bag. When you're ready to go, add them to the drinks for that extra chill.

THE H DUBAI





# DELIGHTFUL IFTARS IN SIGHT WITH YOUR TASTE IN MIND

This Ramadan, iftar at seven different countries, through seven different traditional cuisines, across seven days - complemented by an exclusive gallery of cultural artefacts and performances by an Oud player.

All at one location, Delphine.

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# FROZEN FANCIES

Fall in love with ice cream all over again with these beautifully cool desserts, which can be created using homemade or shop-bought ice cream

Recipes CASSIE BEST Photographs PETER CASSIDY



Make and freeze ahead

**Double choc & pistachio ice cream sandwiches, recipe p48**

Food styling EMILY KYDD | Styling LUIS PERAL



## Double choc & pistachio ice cream sandwiches

**MAKES** 8 sandwiches with a little ice cream left over **PREP** 45 mins plus freezing and cooling **COOK** 30 mins A LITTLE EFFORT

**100g bar white chocolate, chopped**
**100g pistachios, chopped**
**FOR THE PISTACHIO ICE CREAM**
**100g pistachios**
**200g golden caster sugar**
**2 medium eggs, plus 2 yolks**
**400ml whole milk**
**300ml pot double cream**
**1 tsp vanilla or pistachio extract (optional)**
**FOR THE COOKIES**
**175g salted butter, softened**
**200g light muscovado sugar**
**100g golden caster sugar**
**1 tsp vanilla extract**
**1 large egg**
**200g plain flour**
**50g cocoa powder**
**½ tsp bicarbonate of soda**
**100g dark chocolate, chopped**

**1** First make the ice cream. Put the pistachios and sugar in a food processor, and blend until finely chopped but with a little texture. Add the eggs and milk, and briefly blend again until combined. Pour the mixture into a saucepan and cook over a low-medium heat, stirring continuously, until thickened, taking care to not overcook the eggs and scramble the custard. Pour the thickened mixture into a bowl and stand it in a sink of ice-cold water to cool, stirring every now and then. Meanwhile, very softly whip the cream and extract (if using). Once cooled, stir the pistachio custard through the cream. Scrape into an ice cream machine and churn until icy, then scrape into a 20 x 30cm container, smooth the surface and put in the freezer for 2 hrs until frozen.

**2** Now make the chocolate cookies. Heat oven to 190C/170C fan. Line 2 large baking trays with baking parchment. Put the butter, sugars and vanilla in a bowl, and beat until smooth and creamy. Add the egg and beat again, then stir through the flour, cocoa, bicarbonate and chocolate. Scoop 16 golf-ball-sized mounds onto the baking trays, leaving plenty of space between each one, as they will spread when baked. (If your trays are small, you may only fit 6 on each, so you will have to do this in batches.) Bake for 15-17 mins, swapping the trays over halfway through baking – the cookies should still be quite soft when removed from the oven. Leave to cool on the trays. *Can be baked up to 1 day ahead – simply cover the trays with cling film overnight.*

**3** Line 2 large baking trays with baking parchment and make space for them in your freezer. Put the white chocolate in a bowl suspended over a pan of barely simmering water and leave to gently melt, stirring now and then – or melt in 20-sec blasts in the microwave. Remove the ice cream from the freezer and cut out 8 x 7cm circular pieces using a cookie cutter (a little smaller than the cookies). Ease out with a cutlery or palette knife and sandwich each between 2 cookies. Working quickly, drizzle the melted chocolate over the cookies, then sprinkle with chopped pistachios. Return to the freezer for 30 mins to firm up before serving. *Will keep in the freezer for up to 2 weeks*. Any leftover ice cream can be scooped into a processor while still frozen, blitzed, transferred back to a container and refrozen. *Will keep for 1 month*.

**PER SANDWICH** 970 kcals • protein 15g • carbs 93g • fat 58g • sat fat 30g • fibre 6g • sugar 71g • salt 0.8g

## Frozen raspberry honeycomb pie

**SERVES** 12 **PREP** 30 mins plus chilling **COOK** 5 mins EASY

**250g pack caramel biscuits, such as Lotus or Speculoos**
**85g butter, melted**
**500g tub vanilla ice cream**
**400g raspberries**
**140g Honeycomb (see recipe, right), broken up**
**150ml pot double cream**
**100g muscovado sugar**
**75g butter**

**1** Put the caramel biscuits in a food processor and blitz to crumbs. Add the melted butter and blitz again until well combined. Use the biscuit crumbs to line a deep 22cm fluted tart tin, pressing the crumbs into the base and up the sides with the back of a spoon until really compact. Chill for 30 mins while you prepare the filling.

**2** Remove the ice cream from the freezer 20 mins before you're ready to use it. Tip the raspberries into a bowl, reserving a handful, and lightly crush about half with the back of a fork until juicy. Once the ice cream has softened, tip into another bowl and mash with the back of a spoon until pliable but not totally defrosted. Add the raspberries and half the Honeycomb (see right), then ripple together.

**3** Remove the tart case from the fridge and tip the raspberry ice cream mixture into the centre, smoothing out to the edges. Top with the reserved raspberries and honeycomb, pushing them down into the ice cream layer a little, then freeze for 4 hrs until frozen solid.

**4** To make a caramel sauce, put the cream, sugar and butter in a saucepan with a good pinch of salt, and bring to a simmer. Bubble for 5 mins until it's the consistency of caramel, then cool for 2 mins before serving with slices of the pie. *Will keep for 1 week*.

**PER SERVING** 411 kcals • protein 4g • carbs 40g • fat 27g • sat fat 16g • fibre 2g • sugar 35g • salt 0.3g

## Honeycomb

This recipe makes more than you will need for the pie, but it's quite difficult to make a smaller quantity than this! Leftovers will keep in a sealed container for up to a month, or dip pieces in melted chocolate and leave to set.

**MAKES** about 250g **PREP** 5 mins plus cooling **COOK** 5 mins EASY LOW FAT

Grease a large baking tray with oil. Mix **200g golden caster sugar and 5 tbsp golden syrup** in a wide saucepan. Place over a medium heat and leave until dissolved and bubbling – don't be tempted to stir or the sugar will crystallise. Turn up the heat and bubble for a few more mins until a rich toffee-brown colour. Add **2 tsp bicarbonate of soda** and quickly stir together – watch out, it will bubble up and be extremely hot. Pour onto your prepared baking tray and leave for 30 mins to cool and firm up.

**PER SERVING** (10) 110 kcals • protein none • carbs 28g • fat 1g • sat fat none • sugar 28g • salt 0.3g >>



**Frozen raspberry honeycomb pie**



## Lollies for grown-ups

Try our **cover recipe!**

# Fruity Neapolitan lolly loaf

**SERVES** 8 **PREP** 25 mins plus 8 hrs freezing
**NO COOK** EASY GLUTEN FREE

**200g peaches, nectarines or apricots (or a mixture), stoned**
**200g strawberries or raspberries (or a mixture), hulled**
**450ml double cream**
**½ x 397g can condensed milk**
**2 tsp vanilla extract**
**orange food colouring and pink food colouring (optional)**
**8 wooden lolly sticks**

**1** Put the peaches, nectarines or apricots in a food processor and pulse until they're chopped and juicy but still with some texture. Scrape into a bowl. Repeat with the berries and scrape into another bowl.
**2** Pour the cream, condensed milk and vanilla into a third bowl and whip until just holding soft peaks. Add roughly a third of the mixture to the peaches and another third to the berries, and mix both until well combined. Add a drop of orange food colouring to the peach mixture and a drop of pink food colouring to the berry mixture if you want a really vibrant colour. Line a 900g loaf tin or terrine mould with cling film (look for a long thin one, ours was 23 x 7 x 8cm), then pour in the berry mixture. Freeze for 2 hrs and chill the remaining mixtures in the fridge.
**3** Once the bottom layer is frozen, remove the vanilla mixture from the fridge and pour over the berry layer. The bottom layer should now be firm enough to support your lolly sticks, so place these, evenly spaced, along the length of the loaf tin, pushing down gently until they stand up straight. Return to the freezer for another 2 hrs.
**4** Once the vanilla layer is frozen, pour over the peach mixture, easing it around the lolly sticks. Return to the freezer for a further 4 hrs or until completely frozen. Remove from the freezer 10 mins before serving. Use the cling film to help you remove the loaf from the tin. Take to the table on a board and slice off individual lollies for your guests. *Any leftovers can be kept in the freezer for up to 2 weeks.*

**PER SERVING** 379 kcals • protein 4g • carbs 17g • fat 33g • sat fat 20g • fibre 1g • sugar 17g • salt 0.1g

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# Exciting entertainment!



Jazz@PizzaExpress, JLT

"Mum, I'm bored!" – Sound familiar? Keeping the kiddos entertained over school vacations is not an easy task. We've put together a guide for keeping the kids happy, smiling and occupied during the summer holidays – and of course, their little tummies full.

## Fun with flour

Keep the kids mixing with their friends this summer at Jazz@PizzaExpress, JLT, where groups of seven to 10 children can have fun at the chef's table, learning to make their very own pizzas. For Dhs99 per child, the classes are available Sunday through to Wednesday, 12pm until 5pm. *Call 04-4416342.*

## Super sushi

If your kids have yet to pick up the chopsticks, now could be the time. East Kitchen in JLT has developed a child-friendly sushi menu, which allows the little ones to try out four types of beginner maki rolls: chicken, shrimp, avocado and crabstick, for Dhs20. Offer available for children up to the age of 10, for lunch and dinner. *Call 04-5509180.*

## Crossfit kids

Start the kids' healthy lifestyle habits today, at Yas Marina's CrossFit Yas Kids programme, which runs every Monday and Saturday, with two age groups, six to nine and 10 to 13 years old. Prices start at Dhs80 per child. *Call 02-5832380.*



## Mini-golf mania

Dubai Marina Mall's recently launched Njoi entertainment destination is home to an exciting glow in the dark mini golf park, ideal for the whole family. Open from 10am until 10pm Saturday to Wednesday and 10am to midnight Thursday to Friday, the fun park also houses trampolines and an indoor skate ramp. *Call 04 448 8488.*

Text by SOPHIE MCCARRICK | Photographs SUPPLIED and SHUTTERSTOCK

## Tiny tots

Tiny Feet nursery, a technologically-enhanced nursery, will be hosting a summer camp for little ones between the ages of six months to six years from July 1 to August 31. Programmes at the camp have been educationally designed according to age, and will include activities such as fun baking, arts and crafts, puppet making, music and dance, face painting, gardening, parachute play and aqua play among others. Prices start at Dhs350 for three days a week, per child. *Call 04-3276335.*



## Ice cream making

Head indoors to cool off from the summer sun at Dri Dri, the Italian gelateria at The Beach, JBR, to learn how to make frozen desserts with the kids. During the class the children will chop fruits, mix ingredients, then prepare and scoop gelato. Youngsters will also be given a chance to sample a range of over 18 flavours. Classes are Dhs120 per child. *Call 04-5530647.*




## Sinbad's summer camp

At Jumeirah Zabeel Saray, kids will be spoilt for choice at Sinbad's Kids Summer Camp. From July 1 to August 15, day passes will be available for Dhs350 per child, for a fun-filled day (discounts available for five-day passes). Whilst making new friends, children will be able to enjoy a secure water park, fully interactive activities, games and more. *Call 04-4530550.*

## Cool cooks

Mövenpick Deira has revealed its latest kiddies menu with a cooking class for children. The menu, called 'power bites' is a healthy, surprising and fun dining open for children, now available at all Mövenpick Hotels & Resorts, catering to the nutritional necessities of the youngest clientele in a fun and interactive way. Dishes on the menu include the ABC tomato soup, caterpillar sandwiches, wafflewich and banana ghosts and more, using local and organic produce. *Call 04-4440111.*



## Endless fun

At Sheraton Abu Dhabi Hotel & Resort kids will be entertained all summer long, with a wide range of water and sporting activities, arts and crafts, beach games, swimming and dancing, all available at the hotel's summer camp. Prices start from Dhs750 per child per week, Dhs2,300 per month and Dhs5,000 for 11 weeks. *Call 02-6970272.*

# Family fun at home



### ✷ Stay cool with mini ice-lollies

Keep the children cool and get them involved in making their own fruity ice-lollies. Using fresh fruit juice let the kids fill up a freezable mould (such as a deep ice tray), cover with tin foil and poke through with toothpicks. Within a few hours the mini ice-lollies will be frozen and ready to enjoy.

### ✷ Sleepover pizza entertaining

What better way to keep your kids and their friends busy than with pizza making? Not only will you be keeping them busy, you'll be feeding them too. All you will need is a big batch of dough prepared for them, and a set of bowls filled with toppings and tomato sauce (don't forget the plastic table-topper) – then it's over to them to batch, roll and top the dough, to their liking.

### ✷ Grow a gorgeous garden

Make a homegrown herb garden from your kitchen with the little ones. Let them select the herbs they would like to grow and the supermarket, help you plant them, keep them watered, then watch their little faces light up as the shoots appear.

### ✷ Get creative with edible necklaces

For the little lovelies who adore shopping, already. Why not play fancy dress? With just a roll of threading or fruit laces, and ingredients such as loop cereal, fruity popcorn or marshmallows, the kids will stay occupied for hours creating their own, homemade edible necklaces.




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Dinner party dishes to share

# Summertime sharing

Enjoy relaxed entertaining with Jennifer Joyce's Moorish-inspired menu

*'Inviting friends over doesn't have to mean fussy courses and endless time in the kitchen. Keep it casual by presenting your food on platters, and let your guests help themselves'*



**Mediterranean feta salad with pomegranate dressing, recipe p62**

**Squash & barley salad with balsamic vinaigrette, recipe p62**

**Sticky chicken with almonds & dates, recipe p61**

Food styling JENNIFER JOYCE | Styling ARABELLA MCNIE | Photographs LIS PARSONS

Having friends over and want to impress? Give these easy-to-make dishes a try - they are sure to please a crowd! Recipes cater to stylish, yet informal gatherings, and promise to bring a burst of flavour to the table.

## MENU FOR EIGHT

### TO START

- **Trio of dips served with cos lettuce, chicory & pitta bread**

### MAINS

- **Sticky chicken with sherry, almonds & dates**
- **Squash & barley salad with balsamic vinaigrette**
- **Mediterranean feta salad with pomegranate dressing**

## YOUR TIMEPLAN TO WELCOME GUESTS AT 7PM

### THE DAY BEFORE

- **Make the barley salad, keep in the fridge**
- **Grill the peppers, roast the aubergines and blanch the green beans; keep chilled**

### A FEW HOURS BEFORE

- **Make chocolate glaze and decorate cake**

### 5PM

- **Assemble the Mediterranean salad; make the dressing, but don't add it yet**
- **Make dips, holding back the fresh herbs**

### 6.30PM

- **Prep the chicken, then put into the oven**
- **Chop all the fresh herbs for finishing the dips and salad**

### 7PM

- **Arrange the dips with cos lettuce leaves, chicory and toasted pitta bread**



## Tangy roast pepper & walnut dip

You can substitute lemon juice for pomegranate molasses.

**SERVES** 8 with other dishes **PREP** 10 mins
**COOK** 2 mins EASY V

**1 tsp each ground cumin and pimenton (smoked paprika), plus extra to serve**
**6 tbsp extra virgin olive oil**
**100g walnut halves, toasted**
**225g roasted red peppers from a jar, drained**
**1 tbsp tomato purée**
**1 garlic clove, crushed**
**2 tbsp pomegranate molasses**

In a pan, heat the ground cumin and pimenton in the olive oil until fragrant. Combine the rest of the ingredients in a food processor, then season with salt and pepper. With the motor running, slowly pour in the spiced olive oil until incorporated. Add a tbsp of water if it's too thick. Scoop into a bowl and serve with freshly ground black pepper and pimenton on top.

**PER SERVING** 198 kcalories • protein 2g • carbohydrate 6g • fat 18g • saturated fat 2g • fibre 1g • sugar 5g • salt 0.44g

## Thick yogurt & herb dip

This creamy dip, known as labneh in the Middle East, is simply yogurt that has been strained.

**SERVES** 8 with other dishes **PREP** 5 mins plus 1 hr chilling **NO COOK** EASY V

**400g Greek yogurt**
**4 spring onions, finely sliced**
**1 tbsp each dill and mint, chopped**
**extra virgin olive oil, for drizzling**

Tip the yogurt into a fine sieve set over a bowl, then leave to drain in the fridge for 1 hr. Discard any liquid that has drained off. Scrape into a mixing bowl, then stir in the onions and most of the herbs. When ready to serve, drizzle with a little extra virgin olive oil and sprinkle with the remaining herbs and a little black pepper.

**PER SERVING** 76 kcalories • protein 3g • carbohydrate 1g • fat 7g • saturated fat 3g • fibre none • sugar 1g • salt 0.09g

## Artichoke, caper & lemon dip

Not just a great dip, serve this alongside lamb chops or use as crostini topping.

**SERVES** 8 with other dishes **PREP** 10 mins
**NO COOK** EASY V

**280g jar marinated artichokes, drained**
**1 garlic clove**
**50g pine nuts, toasted, plus extra**
**zest and juice 1 lemon**
**3 tbsp grated Parmesan**
**20g pack flat-leaf parsley, a few leaves reserved**
**3 tbsp extra virgin olive oil**

Combine all ingredients in a food processor or blender, then season with salt and pepper. Purée until fine, then scrape into a bowl. Sprinkle with extra pine nuts and the reserved parsley leaves to serve.

**PER SERVING** 138 kcalories • protein 2g • carbohydrate 1g • fat 14g • saturated fat 2g • fibre 1g • sugar 1g • salt 0.47g

## Sticky chicken with almonds & dates

Chicken legs are great value, with their dark, juicy meat that roasts crisp and tender.

**SERVES** 8 **PREP** 5 mins **COOK** 1 hr 5 mins EASY

**3 tbsp olive oil**
**8 chicken legs**
**2 medium onions, chopped**
**15 garlic cloves, left whole in skin**
**1 tsp ground cumin**
**zest and juice 1 lemon, plus extra zest, to serve**
**50g/2oz whole blanched almonds (we used Marcona), roughly chopped**
**12 large soft dates, chopped**
**20g pack flat-leaf parsley, roughly chopped**

**1** Heat oven to 200C/fan 180C. Heat 1 tbsp of the olive oil in a large frying pan. Season the chicken, then brown on all sides. Remove the chicken, place it in a large baking dish, then set aside. Add the remaining oil, the onions and garlic to the pan, then season. Fry for 10 mins until golden. Stir in the cumin, sherry and lemon zest and juice. Bring to the boil, then add the almonds, dates and half the parsley.

**2** Pour the sauce over the chicken. Cover with foil, then roast for 1 hr until tender, taking the foil off after 15 mins. Spoon the liquid over the chicken a couple of times during roasting. Serve piled up on a large platter with the sauce poured over, the garlic cloves, remaining parsley and some extra lemon zest.

**PER SERVING** 491 kcalories • protein 32g • carbohydrate 24g • fat 29g • saturated fat 7g • fibre 2g • sugar 22g • salt 0.35g »



**Effortless food for a crowd**




## Mediterranean feta salad with pomegranate dressing

Pomegranate molasses, the concentrated, syrupy juice of pomegranate seeds, lends a deliciously tart touch to this vivid salad. It's also excellent as a marinade or glaze on grilled meats.. If you can't find it, use equal parts honey and lemon juice as a substitute.

**SERVES** 8 **PREP** 10 mins **COOK** 30 mins
EASY V GF

**2 red peppers**
**3 medium aubergines, cut into chunks, or 15 small, halved**
**6 tbsp extra virgin olive oil**
**1 tsp cinnamon**
**200g/8oz green beans, blanched (use frozen if you can)**
**1 small red onion, sliced into half moons**
**200g/8oz feta, drained and crumbled**
**seeds 1 pomegranate**
**handful parsley, roughly chopped**
**FOR THE DRESSING**
**1 small garlic clove, crushed**
**1 tbsp lemon juice**
**2 tbsp pomegranate molasses**
**5 tbsp extra virgin olive oil**

**1** Heat oven to 200C/fan 180C. Heat the grill to its highest setting. Cut the peppers into quarters, then place them, skin-side up, on a baking sheet. Grill until blackened. Place in a plastic bag, seal, then leave for 5 mins. When cool enough to handle, scrape skins off, discard, then set the peppers aside.
**2** Place the aubergines on a baking tray, drizzle with olive oil and cinnamon, then season with salt and pepper. Roast until golden and softened – about 25 mins.
**3** Meanwhile, combine all the dressing ingredients and mix well. To serve, place the aubergines, green beans, onion and peppers on a large serving plate. Scatter with the feta and pomegranate seeds. Pour the dressing over, then finish with the parsley.

**PER SERVING** 258 kcalories • protein 6g • carbohydrate 12g • fat 21g • saturated fat 5g • fibre 4g • sugar 11g • salt 0.94g

## Squash & barley salad with balsamic vinaigrette

Barley is one of the healthiest grains, containing antioxidants and invaluable fibre. It also makes a fantastically textured salad.

**SERVES** 8 **PREP** 5 mins plus cooling **COOK** 25 mins
EASY V 2 OF 5 A DAY GF

**1 butternut squash, peeled and cut into long pieces**
**1 tbsp olive oil**
**250g pearl barley**
**300g Tenderstem broccoli, cut into medium-size pieces**
**100g SunBlush tomatoes, sliced**
**1 small red onion, diced**
**2 tbsp pumpkin seeds**
**1 tbsp small capers, rinsed**
**15 black olives, pitted**
**20g pack basil, chopped**
**FOR THE DRESSING**
**5 tbsp balsamic vinegar**
**6 tbsp extra virgin olive oil**
**1 tbsp Dijon mustard**
**1 garlic clove, finely chopped**

**1** Heat oven to 200C/fan 180C. Place the squash on a baking tray and toss with olive oil. Roast for 20 mins. Meanwhile, boil the barley for about 25 mins in salted water until tender, but al dente. While this is happening, whisk the dressing ingredients in a small bowl, then season with salt and pepper. Drain the barley, then tip it into a bowl and pour over the dressing. Mix well and let it cool.
**2** Boil the broccoli in salted water until just tender, then drain and rinse in cold water. Drain and pat dry. Add the broccoli and remaining ingredients to the barley and mix well. This will keep for 3 days in the fridge and is delicious warm or cold.

**PER SERVING** 301 kcalories • protein 6g • carbohydrate 40g • fat 14g • saturated fat 2g • fibre 4g • sugar 9g • salt 0.55g GF



8:16PM

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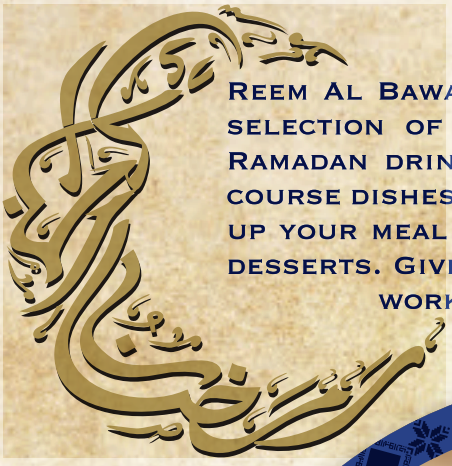
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٢٠ درهم

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# Kitchen notes

Nutrition advice, cooking tips and product picks for your pantry.



## Reader tip of the month

For longer lasting bananas, wrap the end of the bunch with cling film to stop the ethylene gases from leaking out of the stem.

*– Saad Almari*

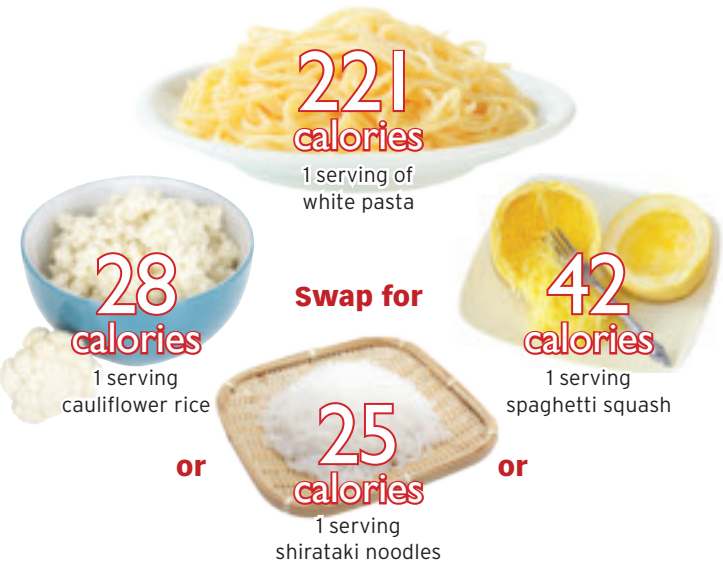
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## Safety first

**Handling raw meat is a huge area for concern in the kitchen and requires a lot of care and attention, especially with raw chicken. Here are some pointers for staying safe when handling the everyday meat:** Never wash chicken because bacteria are easily spread through the liquid onto countertops and sink. Avoid cross-contamination and never use anything that has come into contact with raw chicken on other foods, such as hands, utensils, chopping boards, tongs, etc. When storing raw chicken in the fridge, cover and store on the bottom shelf away to avoid dripping. To ensure your chicken is cooked through, probe with digital meat thermometer at the thickest part. And, if ever in doubt over raw chicken, trust your instinct and throw it out – an off smell says it all! To wrap up, be sure to use antibacterial sanitiser on any surface that the raw chicken has touched.

## SMART FOOD SWAPS




*NOTE: 1 serving 140g



## Coffee magic

You may not realise, but the leftover grounds from your morning homemade coffee can do more around the home than you think. From removing the lingering smell of garlic from your fingers, to deodorising any drab fridge odours, coffee grounds do it all. Next time you're de-greasing a stubborn pan, simply add a few coffee grounds into the mix for a more effective result. The same goes for a clogged kitchen sink – before you call the plumber, mix and flush a handful of coffee grounds with hot water to remove the blockage.

## Health update>

### SCARY SMOOTHIES!

**Whilst the good majority of smoothies are entirely nutritious and full of all the essential vitamins we need, global health experts are increasingly warning of the negatives implications of casual smoothie drinking. To break it down, a single smoothie can contain the same amount of calories as a burger! Mixing together yoghurt, milk, flaxseed and others can really break the calorie bank if you're not careful. Always thoroughly read nutritional labels to ensure you're not being tricked. If in doubt, just opt for a piece of fruit instead – problem solved.**



## Look what we found! 3 great new products for your kitchen



If you're a fan of honey, the newly launched range of Amrita Honey is one to try. The premium brand offers an extensive variety, including buckwheat honey. Dhs159 for 250g at Blossom and Bloom Hive at Galleria Mall, Al Wasl road.

With only 43 calories per unit, Chilly Billy Ice Lollies are 100% pure fruit, with no preservatives, additives, or sugars. They even count as one of your 5 a day – perfect for the kids! Available at selected Spinneys and Waitrose supermarkets.



Looking for a tasty health-kick? Jus Fruit Uuice contains rich amounts of vitamin C and is free of artificial colours and flavours. Dhs2 per 300ml bottle at various supermarkets.



Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED; SHUTTERSTOCK




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# Beautifully baked

You may think that the key to a perfect bake is having the highest quality ingredients, but the real secret lies in the quality of your bakeware. If you're looking to up your baking game in the kitchen, or simply upgrade the existing bakeware set, we've selected four top tins from Lakeland's new range to point you in the right direction.



## Lakeland brownie tin – Dhs90

Brownie lovers rejoice, this brownie tin comes equipped with clean portion guides, so that 20 identical sized treats are baked evenly, every time. Let's face it; no one wants to end up with the barely-there corner slice.



## Lakeland 20cm springform cake tin – Dhs75

This tin is designed for baking picture perfect cakes and loafs. With easy-to-see fill lines that indicate the ideal level of ingredients to allow for filling rise and equally sized bakes, guaranteed.



## Lakeland 20cm loose based deep cake tin – Dhs90

Want to make a cake for a set amount of people, without going overboard – or reversely without under-aiming? This cake tin is the answer to your problem. With clear sizing guides on the cake tin bases in both centimetres and inches, you can easily choose which cake size you want with a glance.



## Large roasting tin – Dhs105

If you're a fan of roasting and love getting that perfect crisp finish, this roasting tin effortlessly does the work for you. With a contoured even roast base and a textured surface that raises food slightly, your roast is set to come out picture perfect. What's more? The tin boasts a non-stick surface, which makes it easy-peasy to clean.

## Did you know?

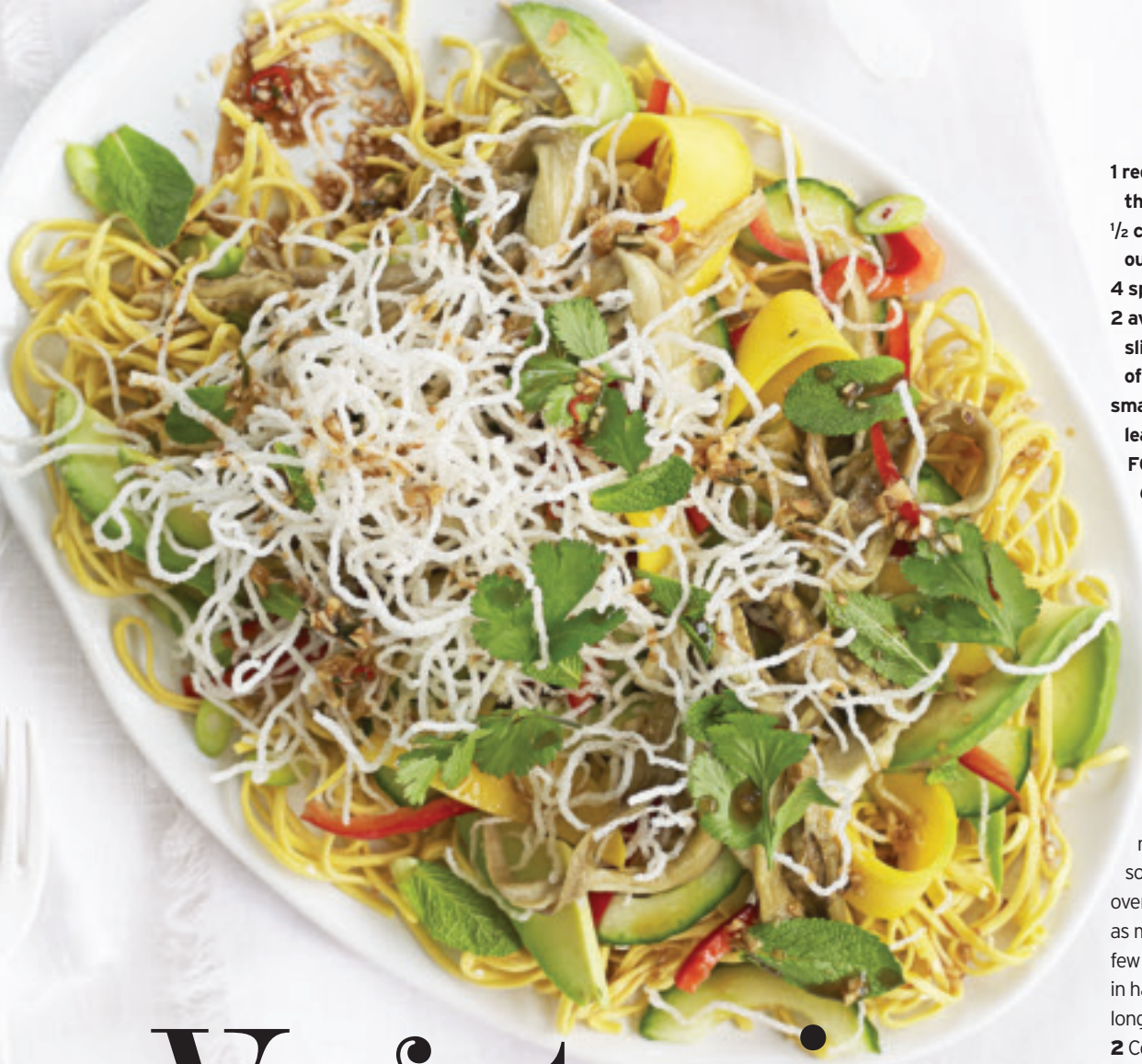
**Although supermarket-bought bakeware may be cheaper, the product quality cannot compete with premium bakeware sets. Lakeland's new range is:**

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- Stackable, to save space in the cupboard



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# Vegetarian specials

Give vegetarians a treat with Celia Brooks' imaginative dishes full of exciting flavour combinations. Well worth the effort!

## Double Thai noodle salad with smoked aubergine, mango & avocado

**SERVES** 4-6 **PREP** 45 mins **COOK** 40 mins

EASY V FOLATE FIBRE VIT C 3 OF 5 A DAY

**FOR THE SALAD**

**2 medium aubergines**
**4 wheat or egg noodle nests**
**2 tbsp reduced salt soy sauce**
**2 tbsp sunflower oil or rapeseed oil, plus extra for frying**
**25g sesame seeds**
**25g unsweetened desiccated coconut**
**50g thin rice noodles (uncooked)**
**1 large mango, peeled, cheeks cut into thin strips**
**1 red pepper, deseeded and cut into thin strips**
**½ cucumber, halved and seeds scooped out then cut into thin half-moon slices**
**4 spring onions, sliced diagonally**
**2 avocados, stoned, peeled and sliced and dressed with the juice of 1 lime**
**small pack each mint and coriander, leaves picked and torn**

**FOR THE DRESSING**

**6 tbsp fresh lime juice (about 3 limes)**
**6 tbsp reduced salt soy sauce**
**4 tbsp agave syrup**
**1 large garlic clove, crushed**
**1-2 small red chillies, finely sliced**
**2 stalks lemongrass, finely chopped**
**4 kaffir lime leaves, stem removed and finely chopped**

**1** Heat oven to 220C/200C fan. Prick the aubergines all over with a fork and roast on a baking tray until completely soft, about 30-40 mins. Remove from the oven and leave to cool. Once cool, peel off as much skin as possible (don't worry if a few small charred bits remain). Cut the flesh in half or thirds, then pull into roughly 5cm-long strands. Cover and set aside.

**2** Cook the wheat or egg noodles following pack instructions, then drain well and place in a bowl. Toss with the soy sauce and oil, cover and set aside. To make the dressing, combine all the ingredients, mix well and set aside until needed.

**3** Heat a frying pan over a medium heat and dry-fry the sesame seeds until popping. Remove and set aside to cool. Repeat with the coconut, then set aside.

**4** To cook the rice noodles, heat a 3cm depth of sunflower oil in a wok until hot – drop in a noodle to test, it should sizzle and float to the top. Cook in small batches, using tongs to turn them once, then remove and drain on kitchen paper.

**5** Assemble the salad. Arrange the wheat noodles on a large platter, then sprinkle over the sesame seeds and coconut. Arrange the aubergine, mango, red pepper, cucumber, spring onions and avocado over the noodles. Top with the rice noodles and scatter over the herbs. Put the dressing in a bowl and serve on the side.

**PER SERVING** (6) 505 kcals • protein 12g • carbs 59g • fat 25g • sat fat 6g • fibre 11g • sugar 26g • salt 2.8g

Food styling KATY GREENWOOD | Styling VICTORIA ALLEN | Photography WILL HEAP

# Falafels with spicy tomato & cashew sauce & poached spring vegetables

**SERVES** 4 **PREP** 1 hr plus 8 hrs soaking
**COOK** 30 mins EASY V FOLATE FIBRE VIT C IRON 3 OF 5 A DAY GLUTEN FREE



**FOR THE FALAFEL**
**200g dry chickpeas**
**25g parsley, leaves picked, stems reserved for the broth**
**2 garlic cloves, roughly chopped**
**1 banana shallot, roughly chopped**
**2 tsp ground cumin**
**1½ tsp ground coriander**
**½ tsp turmeric**
**¼ tsp cayenne pepper**
**½ tsp gluten-free baking powder**
**sunflower or rapeseed oil, for frying**
**FOR THE POACHING BROTH**
**splash white wine (vegan if necessary, optional)**
**1 bay leaf**
**1 banana shallot, roughly chopped**
**1 celery heart or 2 stalks, cut into chunks**
**pinch of whole peppercorns**
**FOR THE SPRING VEG**
**200g baby carrots, trimmed (if green parts are intact, leave a short stem)**
**1 bulb fennel, trimmed and cut into slim wedges**
**20 asparagus tips (about 200g)**
**12 pink radishes (about 100g), halved**
**100g fresh or frozen broad beans, podded and skinned**
**100g tub pomegranate seeds**
**FOR THE SPICY TOMATO & CASHEW SAUCE**
**25g cashew nuts**
**1 tbsp sesame seeds**
**1 tsp cumin seeds**
**½ tsp chilli flakes, or to taste**
**1 tbsp cold-pressed rapeseed oil or sunflower oil**
**300g tomatoes, cut into chunks**
**4 garlic cloves**
**1 tbsp agave syrup or dark brown sugar**

**1** Prepare the chickpeas. Put them in a large bowl and cover with at least 3 times their volume of cold water. Cover and soak for at least 8 hrs, or overnight.

**2** To make the falafel mixture, drain the chickpeas then put them in a food processor with some seasoning. (Don't worry if the chickpeas still feel quite firm at this stage – this is how they should be. Add the parsley leaves to the food processor along with the rest of the falafel ingredients. Whizz on high speed, adding 2-3 tbsp water, until a smooth but fairly solid mixture forms. Scrape into a bowl and cover.

**3** Put all the ingredients for the poaching broth, plus 1 tsp salt, 800ml water, and the reserved parsley stems, in a medium saucepan and bring to the boil. Simmer for 20 mins and set aside.

**4** Meanwhile, make the sauce. Put the cashews, sesame seeds, cumin and chilli flakes in a dry frying pan over a medium heat. Toast, stirring frequently, until the sesame seeds start to turn golden. Remove to a plate to cool. Add the oil to the pan and return to the heat, adding the tomatoes and garlic. Cook over a medium heat until the tomatoes collapse, about 5 mins. Allow to cool for a few mins, then transfer to a blender along with the toasted nuts and spices, the agave or sugar, and a generous pinch of salt. Whizz on high speed until smooth. Leave in the blender and set aside.

**5** Meanwhile, make the falafel balls. Use wet hands to form balls the size of large cherries and place on a tray – you should have enough to make 20-24 balls. The balls can be made a day ahead and chilled.

**6** About 15 mins before serving, strain the poaching liquid, then return the liquid to the pan, and bring to a simmer. Heat a 5cm depth of frying oil in a large, heavy-based pan over a medium heat. When the oil is hot enough, a small piece of bread dropped in it should turn brown in 20-30 secs. Carefully lower the falafel balls into the oil, cooking in batches of 6 at a time. Fry until deep golden brown all over, about 3 mins. Remove with a slotted spoon and drain on kitchen paper, and keep warm in the oven while you cook the remaining batches. Safely set aside the oil.

**7** Finally, poach the vegetables. Add the carrots to the poaching liquid and cook for 3-5 mins depending on the size, then add the remaining veg. Return to the boil and simmer for 3 more mins. Strain the vegetables, discarding the liquid.

**8** To serve, first whizz the sauce once more (it has a tendency to separate). Place spoonfuls of sauce on each warmed plate (one spoonful for each falafel looks nice). Divide the falafel and spring veg between the plates, scatter with pomegranate seeds and serve immediately.

**PER SERVING** 526 kcals • protein 22g • carbs 39g • fat 28g • sat fat 4g • fibre 17g • sugar 12g • salt 1.9g »



# Miso-glazed tofu steaks with beansprout salad & egg strands

**SERVES** 4 **PREP** 40 mins **COOK** 20 mins

EASY V FOLATE VIT C IRON 1 OF 5 A DAY

**FOR THE BEANSPROUT SALAD**
**300g beansprouts**
**1 red pepper, deseeded and sliced into thin strips**
**100g radishes (about 12), trimmed and quartered**
**2 spring onions, finely sliced on the diagonal**
**75g pack pea shoots**
**50g roasted peanuts, roughly chopped, to serve**
**FOR THE DRESSING**
**3 tbsp rice vinegar**
**2 tbsp reduced-salt soy sauce**
**1 tbsp caster sugar**
**1 garlic clove, crushed**
**1cm piece ginger, peeled and finely grated**
**3 tbsp sunflower oil or rapeseed oil**

**FOR THE GLAZED TOFU**
**400g fresh firm tofu (we used 2 x 200g blocks)**
**1 tbsp miso paste**
**150ml mirin**
**75ml reduced-salt soy sauce**
**FOR THE EGG STRANDS**
**3 large eggs**
**1 tbsp mirin**
**½ tsp sunflower oil or rapeseed oil**

**1** Prepare the beansprout salad. Put the beansprouts in a bowl and cover with boiling water. Leave for 2 mins, then drain well and leave to cool, tossing with your hand from time to time to speed up the cooling. Combine with the pepper, radishes and spring onion.
**2** To make the dressing, whisk together all the ingredients except the oil until the sugar dissolves. Trickle in the oil slowly while whisking to emulsify. Stir the dressing through the beansprout mixture and chill until ready to serve, stirring occasionally.
**3** Drain the tofu, wrap the whole block in kitchen paper, and press gently to absorb excess moisture. Unwrap and cut in half across the middle, then in half again diagonally, to create four triangles. If using 2 packs, you will end up with 8 smaller triangles.
**4** To prepare the tofu glaze, place the miso paste in a cup and add 2 tbsp of boiling water. Whisk with a fork until completely smooth. Pour into a pan that the tofu will fit into in a single layer. Add the mirin and soy sauce, stir and bring to the boil. Add the tofu to the sauce and simmer for 15 mins, turning the tofu carefully halfway through.
**5** Heat the oven to 220C/200C fan. Line a baking tray with baking parchment. Carefully lift the tofu from the sauce and place on the tray. Cook in the oven for 15 mins, then turn off the oven and leave the tofu in to keep warm. Meanwhile, to thicken the glaze, raise the heat to a medium boil, stir occasionally, until syrupy. Set aside.
**6** To make the egg strands, beat together the eggs and mirin with 2 tbsp cold water and a large pinch of salt until well mixed, but not frothy. Heat a medium non-stick pan over a low-medium heat and add the oil, spreading it over the surface with a spatula. Pour in a quarter of the egg mixture and swirl to coat the bottom of the pan, forming a very thin omelette. Cook for about 4-5 mins until the top is dry and the bottom is set but not too brown. Carefully remove from the pan (no need to flip) and place on a plate. Repeat with the rest of the mixture, adding a touch more oil if the pan seems dry. Stack the omelettes on top of each other and cool. Don't worry if they rip or buckle, but do stack them up as flat as possible. Once cool enough to handle, roll them up carefully into a tight sausage and slice thinly with a sharp knife.
**7** Remove the tofu from the oven and spoon a bit of glaze over the top of each piece, spreading with the back of a spoon. (If the glaze has cooled completely and is too thick, reheat slightly until spoonable). Reserve any remaining glaze to finish.
**8** To assemble, arrange the beansprout salad on a plate. Place the tofu steaks on top of the salad and scatter with the egg strands, peanuts and pea shoots. Finish with a drizzle of the glaze.

**PER SERVING** 490 kcals • protein 22g • carbs 40g • fat 24g • sat fat 3g • fibre 4g • sugar 27g • salt 3.7g GI



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Four Seasons Resort Dubai at Jumeirah Beach invites guests to indulge in a truly unique culinary experience.

THE MAMEMO MAJLIS - Our Ramadan Tent Serving Iftar & Suhour

Enjoy traditional favorites or healthy interpretations of our Iftar buffet or Suhour menu. Relax in comfortable lounges or private Majlis seating whilst you listen to live music by a traditional Oud player or savor a variety of shisha on offer.
Iftar at AED 260 per person (children 0 to 5 are free, 6-12 are 50%)
Suhour at AED 190 per person (minimum spend excluding shisha)

SUQ - Our Indoor Restaurant Serving Iftar

SUQ is ideally positioned for those breaking the fast together with family. The Iftar menu will feature traditional Arabic and international delicacies.
Iftar priced at AED 220 per person (inclusive of taxes)

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# Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more






## IN THIS SECTION


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✶ Take the spice route through Kerala, **P81** ✶ Fresh flavours of Indian summer, **P88**

# GREECE

## Paradise of Islands




We take you on a journey through Greece, where the weather is at its optimum, the sea is transparently blue and the food is inexcusably flavourful – it's one of our favourite summer escapes.

A parga boat moored on the the Greek shores.

Photographs SHUTTERSTOCK

Turn your back on the resorts and head for the countryside. Be bold: ask for horta (wild greens), meet the fishing boats at dawn and haggle over the price of lobster, or buy the infinitely cheaper garfish, with its single bone and rather alarming ability to glow, for a taste of our prehistoric past. Savour a slower way of life: enjoy mezes (little dishes) anywhere and everywhere, the yogurt that's made in clay pots, grilled fish by the sea, souvlakia while you're out for a stroll. And visit a museum to be awestruck by the ancient civilisations that peopled this land, before you feast on rocket, watercress, octopus, red mullet, cheese, honey, kid, rabbit, olive oil – just as they did in the past.




In Greece you can lose yourself in glorious gastronomy.


Greek cafe

## OPENING TIMES

Traditional restaurants and tavernas open at noon to 3pm for lunch and 9pm to midnight for dinner. But in the evening the "buzz" starts well after opening time. Be warned that they are sometimes closed Sunday evenings and Mondays.


Greek Tavernas

## WHERE TO SHOP

**Bakeries** Shop in the morning for the freshest loaves and ask the baker if he makes special breads and pies. If he does, try tsoureki, a plaited loaf of brioche-like bread that is baked at Easter with red eggs in the dough. On Crete, buy exquisitely decorated breads.

**Zacharoplasteion** The "sugar sculptor" sells gloriously gooey cakes, pastries and sweetmeats and deliciously crunchy biscuits. Buy a pastry and take it to the nearby café to enjoy.

**Cheesemongers** The best cheeses are from the pastures and mountains of Crete. Look for barrel-aged feta (Greece's ubiquitous cheese, made from sheep's or goat's milk and stored in brine), Cretan graviera (semi-hard cheese from aged sheep milk), Metsovo cheeses, manouri ("sweet"), mizythra (fresh) and, on the islands in particular, local cheeses.

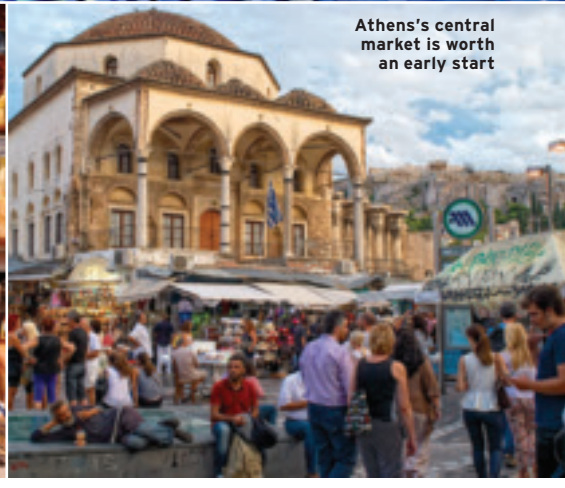
**Galaktopoleion** Sadly, these wonderful "milk shops" have mostly disappeared, but if you find one try rice pudding, thick yogurt and thyme honey, and staka (like clotted cream).

**Delicatessens** Shop here for all those goodies you need to put the best food on your table at home, from olives and olive oil to pastourmas (cured meat) and loukanika (sausages).

**Herb shops** For an expert opinion on the best way to flavour a dish or get rid of a cough, ask a herbalist. Most are traditional family businesses and serve as 'folk' doctors in their communities. A visit to one is a trip to sensory heaven so don't miss it. They are usually located in or around markets. In Athens, go to Evripidou Street.

**The Market** Athens Start out early for Kendriki Agora (Central Market) and you can try a working man's breakfast along with clubbers who have yet to go to bed. Explore the side streets for specialist stores and look up for a glimpse of the Parthenon. Crete Go to Hania market for manouri and mizythra, while Iraklion market, though sadly shrinking, is still fun for a morning coffee. Thessaloniki market, central and huge, is the place for avgotaracho (mullet roe preserved in beeswax) – a historic treat.


Delicatessens Dairy and meat products. Milk and meat market.


Athens's central market is worth an early start

## WHERE TO EAT

**Tavernas** These are the best places to eat – casual and inexpensive, with local produce, wine from the barrel and sometimes great cooking. Go to a psitaria for grilled fish or meats, a mageirion for regional home-cooking, a fournou for oven-baked dishes, and a psarotaverna for fish.

**Ouzeria** Meze cafés are noisy, chaotic and inexpensive – order a drink and half a dozen little dishes to share. Try street food such as souvlakia (small skewers of meat), tyropitta (cheese pie) and loucoumades (fried doughnuts in honey). Or indulge in the Greek sport of people-watching while enjoying coffee and a pastry at a café.

**Restaurants** The best modern Greek establishments are in Athens, with young and enthusiastic chefs and interesting wine lists. >>

## WHAT TO EAT

**Horta** Wild greens, boiled and served with olive oil and lemon.
**Kreas sto fournou** Meat roasted in a wood-burning oven.
**Stiphado** Rabbit, hare or beef, and onions, slow-cooked in vinegar, herbs, spices, tomatoes.
**Kephtedes** Highly flavoured patties of meat, shrimp, cheese and/or vegetables, sometimes served with tomato sauce.
**Salata** Not a salad but a dip – of fish roe (taramasalata), aubergines (melitzanosalata) or chick peas (revithosalata).


Horta - wild greens with olive oil and lemon


Melitzanosalata - Traditional Greek eggplant dip

*If I am going home to Phiva near Athens in the spring it is impossible not to cook something with vine leaves which are young and flexible then. I'm obsessed with nuts and in particular the pistachios which come from Aegina. The trees grow right by the shore so their roots are in the sea which give the nuts a really particular, salty flavour.*

*Theodore Kyriakou, chef at the Real Greek restaurant in London's Hoxton Market*



## WHAT TO DRINK

**Wine** Forget retsina and try some of the new-generation Greek wines. They don't come cheap for standards are high and vineyards small, but you'll find uniquely intriguing tastes, from varietals that have existed since antiquity. Look for Antonopoulos, Gerovassiliou, Gaia, Boutari, Semeli, Skouras and Tsantsalis.
**Ouzo** Buy it from the islands of Khios or Lesvos.
**Tsigouthia** Grappa from Babatzim in Thessaloniki.
**Summer refreshers** Ask for a frappe – a long, cold coffee – or sip metrio, Greek coffee made with a little sugar and served with a glass of water. In the mountains, ask for foskormoulo (sage tea).

## WHAT TO BRING HOME

**Honey** The thicker and richer, the better.
**Olive oil** Find one produced on one of the small islands which is not already exported.
**Capers and caper berries** Some of the best come from the island of Santorini.
**Rigani** Pungent Greek oregano to flavour your salads, roasts and casseroles.
**Paximathi** The best example of this twice-baked barley bread is from Crete.
**Kitchen equipment** Tapsi baking tins, decorative bread stamps, coffee grinders and briki, clay pots and traditional baskets.

## KEY WORDS

**How much** *Póso kánei?*
**More please** *To allo, parakalo*
**Yes** *Neh*
**No** *Ochí*
**Hello** *Yiasou*
**Thank you** *Efharisto*
**Please** *Parakalo*
**Excuse me** *Signohmee*
**How are you** *Ti kaneteh?*
**Very well, thank you, and you?** *Poli kalo, efcharisto, keh seis?*

## TRAVEL DIARY

**GETTING THERE:** Emirates offers direct daily flights between Dubai and Athens, ticket prices start from around Dhs3,000, www.emirates.com.
**STAYING THERE:** Prices for a suite in a 4- or 5-star hotel in Athens start from around US$325 per night (around Dhs1,200). Seasonality plays a role in determining hotel prices across Greece.

## TRY THIS



### Spinach rice

The surprising technique in this side dish involves cooking the spinach with the rice to bring out the flavour. Make a simple vegetarian supper with a handful of toasted pine nuts or chopped spring onions tossed in at the end.

**SERVES** 6 **PREP** 20 mins **COOK** 45 mins

EASY | V | CALCIUM | FOLATE | FIBRE | VIT C | IRON | 1 OF 5 A DAY | GLUTEN FREE

**100ml Greek extra virgin olive oil**
**1 onion, finely chopped**
**500g baby spinach leaves, washed and finely chopped**
**bunch dill, finely chopped**
**300g long-grain rice**
**juice 1-2 lemons**

**1** Heat the oil in a large pan, add the onion and gently cook until softened but not coloured. Add the spinach and half the dill. Cook on a high heat, stirring regularly, until the spinach has wilted down and all the liquid has evaporated.
**2** Stir in the rice and add 600ml water, then bring to the boil. Turn the heat right down again to a very gentle simmer, cover the pan with a tight-fitting lid and cook for 25-30 mins or until the rice has cooked and absorbed all the water. Give it a stir after 15 mins to ensure even cooking, adding a drop more water as required.
**3** When the rice is cooked, stir in the remaining dill, season well, squeeze over the lemon juice to taste, and serve.

**PER SERVING** energy 519 kcals • fat 36g • saturates 5g • carbs 37g • sugars 37g • fibre 7g • protein 8g • salt 0.6g



### Greek-style roast fish

**SERVES** 2 **PREP** 10 mins **COOK** 50 mins

EASY | LOW FAT | LOW CAL | FIBRE | VIT C | GOOD 4 YOU | 2 OF 5 A DAY | GLUTEN FREE

**5 small potatoes (about 400g), scrubbed and cut into wedges**
**1 onion, halved and sliced**
**2 garlic cloves, roughly chopped**
**½ tsp dried oregano or ½ tbsp chopped fresh oregano**
**2 tbsp olive oil**
**½ lemon, cut into wedges**
**2 large tomatoes, cut into wedges**
**2 fresh skinless pollock fillets (about 200g)**
**small handful parsley, roughly chopped**

**1** Heat oven to 200C/180C. Tip the potatoes, onion, garlic, oregano and olive oil into a roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.
**2** Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more. Serve with parsley scattered over.

**PER SERVING** energy 388 kcals • fat 13g • saturates 2g • carbs 42g • sugars 11g • fibre 6g • protein 23g • salt 0.4g >>

Recipe and food styling for Greek-style roast fish SARA BUENFELD | Photographs ROB STREETER
Portrait MIKE ENGLISH | Food styling LIZZIE HARRIS | Styling JENNY IGGLEDEN

## Tahini & lemon sauce

Although used here as a sauce, this is more like a dip in consistency. Dollop generously on the lamb before serving, or let your guests help themselves.

**SERVES** 6 **PREP** 10 mins plus chilling **NO COOK**
EASY V GLUTEN FREE

**4 plump garlic cloves**
**3 tbsp tahini paste**
**juice 2 lemons, plus extra to taste**
**pinch of paprika, to garnish**
**1 tbsp olive oil (optional)**

**1** Crush the garlic with a good pinch of sea salt using a pestle and mortar or garlic press. Mix in the tahini paste with a balloon whisk.
**2** Keep whisking as you slowly mix in the lemon juice – the tahini will lighten in colour and thicken. Taste it, and if you are happy, loosen slightly with a few tsp of water. If you prefer it more tangy, beat in more lemon juice. Cover and chill for 30 mins-1 hr. When ready to serve, sprinkle with paprika and drizzle with oil, if you like.

**PER SERVING** energy 84 kcals • fat 8g • saturates 1g • carbs 1g • sugars none • fibre 1g • protein 2g • salt none





## Giant butter bean stew

Butter beans are known as 'giant beans' in Greek; this dish is often served during the run-up to Easter (the Greek equivalent of Lent) and makes an excellent first course. Leave it on the table to serve with the lamb – the beans improve if made the night before.

**SERVES** 6 **PREP** 30 mins **COOK** 1 hr 15 mins
EASY V FIBRE VIT C GOOD 4 YOU 3 OF 5 A DAY GLUTEN FREE

**4 x 235g cans organic butter beans or 500g dried butter beans**
**100ml Greek extra virgin olive oil**
**3 small red onions, finely sliced**
**2 large carrots, finely sliced**
**3 celery stalks with leaves, finely chopped**
**4 sundried tomatoes, sliced**
**1kg ripe tomatoes, skinned, deseeded and finely chopped**
**4 garlic cloves, chopped**
**1 tsp paprika**
**1 tsp ground cinnamon**
**2 tbsp tomato purée**
**1 tsp sugar**
**small pack flat-leaf parsley, finely chopped**
**small pack dill, finely chopped**
**100g feta (optional), crumbled**

**1** Drain the canned beans, reserving 200ml of the liquid. Heat the oil in a large flameproof lidded casserole dish, and cook the onions, carrots and celery until tender and the onions are soft and transparent, but not coloured. Stir in the remaining ingredients, reserving half of the chopped herbs and feta (if using).
**2** Heat oven to 180C/160C. Cook over a gentle heat for a further 5 mins, then pour over the reserved liquid. Cover the dish and bake in the oven for 40 mins. Check occasionally that the beans are not drying out – add a little more water if needed.
**3** Remove the lid and bake for 10 mins more. Can be made 2 days ahead and reheated. Stir through the reserved chopped herbs, season to taste, then crumble over the remaining feta just before serving.

**PER SERVING** energy 315 kcals • fat 18g • saturates 3g • carbs 24g • sugars 12g • fibre 11g • protein 8g • salt 1.1g

# Taste of the world

All the foodie news from around the globe.



## Sensational Scottish seaweed

Forgotten how nutritious and tasty seaweed is? Scotland hasn't. This year, VisitScotland and seaweed experts Mara Seaweed are working closely together to full-frontally lead the re-emergence of the natural ingredient. Scottish seaweed contains a wide range of vitamins and minerals, it is an incredibly high-energy and low-calorie food source that is harvested from Scotland's ideally chilled waters. Based on Edinburgh's rugged coastline, Mara Seaweed is a small family run company, which specialises in hand foraging. Visitors to Scotland can experience, taste and buy Mara Seaweed in various locations throughout the country, in places including Edinburgh Castle, the Scotch Whisky Experience on the Royal Mile, Archerfield Walled Garden in East Lothian, Balgove Larder in Fife, Gretna Green food hall in the Scottish Borders, and Jessie's Kitchen Café in Dundee and Angus. Scotland's coastline stretches for thousands of miles and includes everything from rocky shorelines to secluded island beaches, all just waiting to be explored. www.visitscotland.com.

## *Lavish Las Vegas*

*Restaurant reservations at many desirable Las Vegas eateries can be a struggle to obtain. To combat this, Donald Contursi has founded 'Lip Smacking Foodie Tours of Las Vegas', a three-hour excursion covering as many as five stops at the city's best restaurants – which won't break the bank. Armed with guides equipped with insider knowledge, the culinary adventure starts at $125 (Dhs500) per person, to cover the cost of the guide, food and tips. Tours take guests through exclusive doors on the famous 'Strip' for three-course meals, with chefs preparing everything from calamari to caviar and foie gras. www.vegasfoodietour.com.*

## Gourmet delivery



**Just when we thought we'd seen it all, the UK once again takes us by surprise. The latest? A concept called 'Cheese Posties' – the world's first gourmet grilled cheese subscription service. For a weekly sign-up fee of £3.99 (Dhs23), Cheese Posties delivers all the components of a gourmet grilled cheese sandwich through the letter box once a week, and all the receiver has to do is construct it, toast it in the provided bag, and eat it. Flavours vary week-on-week, with combos made up of artisan bread, cheeses and condiments. How long until this catches on in Dubai? www.cheeseposties.com.**



## A fancy *Filipino* fare

As Filipino cuisine continues to make its stamp on culinary headlines globally, celebrity Filipino chefs Rolando Laudico, and his wife Chef Jac are fore fronting the growth in Hong Kong. At one of the city's popular meat eateries, Steik World Meats, the two chefs recently introduced a unique spin on traditional dishes from the Philippines, adding a modern twist. On the menu are authentic Filipino dishes such as adobo and kare-kare (stewed oxtail in peanut sauce) made with an innovative approach. The chefs' aim to demonstrate how old-time classics can be modernised in an increasingly globalised world – something we're seeing more and more of!

Text SOPHIE MCCARRICK | Photographs SHUTTERSTOCK

# Ramadan KAREEM & Eid Mubarak

at the Grand Millennium Dubai

## Traditional Iftar

Book an irresistible Iftar buffet experience during the month of Ramadan at The Atrium Restaurant. Enjoy a delicious variety of Mediterranean and International dishes, live cooking stations, Arabic beverages and desserts for only **AED 140** per person.

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# The spice route India

The Southern region of Kerala, India is a haven of tranquil backwaters, serene beaches, exotic wildlife and lush mountains. It's also home to its own unique and colourful cuisine...

Foreign influence on the cuisine of Kerala is marked, with each religion from Muslims to Syrian Christians developing their own cuisine and style of preparation. The Moplah cuisine of the Malabar region has a distinct flavour, borrowed from the traders who regularly visited the region. Kerala cuisine has an abundance of coconut, rice, tapioca and spices like black pepper, cloves, cinnamon and ginger. The Portuguese introduced cassava, now widely eaten in Kerala. The region is also famous for its Sadhya, served at the Hindu festival Onam and consisting of boiled rice and a host of vegetarian dishes on a banana leaf. Kerala cuisine also features a lot of sea food like fish, prawns, mussels and crabs because of its long coastline. >>

Text by KALPANA SUNDER, KATHRYN CUSTANCE, SARAH SYSUM and SOPHIE MCCARRICK | Photographs SUPPLIED and SHUTTERSTOCK

# DON'T LEAVE KERALA WITHOUT TRYING…



## PuttuPuttu and kadala curry

This is a breakfast staple eaten all over the state. Puttu is a cylindrical steamed rice cake cooked in a mould with grated coconut. It's usually served with kadala curry, a dish of black chickpeas made with shallots, spices and coconut milk, which can also be served with ripe bananas and grated coconut.

## Malabar parotta with Kerala beef curry

Layered flat bread that originated in the Malabar region called Parotta is made by kneading maida (plain flour), egg (in some recipes), oil or ghee and water. The dough is beaten and later shaped into a spiral with thin layers. The ball is rolled flat and roasted into a Parotta with ghee. This is then eaten with beef curry - pieces of beef simmered in a curry made with tomatoes, onions, garlic and spices like bay leaves, cinnamon, cardamom, cloves, black peppercorns and star anise.

## Erissery or pumpkin and lentil curry

This is a popular curry in Kerala, made from either raw plantains or sliced yams. It also usually includes slightly sweet pumpkin that has been boiled in water with salt, chillies or pepper, dried lentils, grated coconut, turmeric powder, cumin seeds and garlic, served on a bed of rice. It appears on most menus at religious festivals like Onam.

## Appam with stew

Appam is a Keralan staple made from fermented rice flour and coconut milk. It's similar to a thin pancake with crispy edges. These crepe-like bowls are made from fermented rice flour, coconut milk, coconut water and a little sugar. Ishtu or stew is a derivative of the European stew and consists of coconut milk, cinnamon, cloves and shallots, eaten with appams. The stew may also feature mango pieces, vegetables, chicken or lamb. The addition of aromatic whole spices, ginger and fresh coconut milk enhance the natural flavor of the vegetables. The crucial ingredient is fresh coconut milk, which lends a sweet flavor.

## Karimeen pollichathu (fish)

This is one of Kerala's traditional delicacies. Karimeen or pearl spot fish is a speckled fish commonly found in the backwaters of this state. This is traditionally a Syrian Christian delicacy but has become part of Kerala's rich cuisine. Pearl spot fish is marinated in a mixture of lemon juice, red chillies, and other ingredients, wrapped and baked in plantain leaves, giving it a unique flavour.





## Kerala prawn curry (chemmeen curry)

This is a signature dish of the state - a prawn curry from the Malabar region made with a blend of fenugreek, black mustard and fennel seeds, coconut milk and green chilli. It also includes a special ingredient called kudampuli (also known as brindleberry) to give it a sour taste, plus it uses marinated prawns, drumsticks and raw mango to give it a spicy, tangy flavour.



## Thalassery biriyani

A rice biriyani is the most common dish of the Muslim community. Thalassery sea port was a centre for the export of spices where European, Arab and Malabar cultures came together and influenced the cuisine. Thalassery biriyani uses a unique, fragrant, small-grained, thin rice variety named kaima. The biriyani masala and cooked rice are arranged in layers inside the dish. Meat is cooked with the masala on a low heat and layered with rice before the lid of the container is sealed with dough. Hot coal or charcoal is then placed above the lid.



## Banana fritters (dessert)

Pazham pori or Ethakka appam are juicy banana fritters tha feature as a traditional tea time snack. They're available throughout Kerala and are simply ripe bananas coated with plain flour and deep-fried in oil. »



**English celebrity chef, restaurateur and television presenter, Rick Stein, tells us what he knows about authentic Indian cooking.**

**Is there such a thing as 'Indian' cooking or is it all about the regions?**

The regions are not as distinct as you may think; in some ways India is more homogenous than other countries – say, China. The main differences are that in the north they use a lot of butter or ghee and yogurt, and serve their curries with flatbreads like naan rather than rice. In the south, the dishes tend to be lighter and hotter – they like to use coconut milk and serve their curries with rice.

**Any cooking revelations?**

Indian cooks almost never brown the meat before cooking. In Calcutta, the recipe for a Lamb dopiaza just involved putting everything into a pan and leaving it to cook for a couple of hours. Some of these techniques made me wonder why we go through all the palaver we do.

**What can we all do to make a better curry at home?**

A lot of curries in India involve tempering, where you warm the oil or ghee, then add whole spices and fry them before adding the onions. This adds flavour to everything, and you could try it at home. Also, in India they leave whole spices in the dish.

In some dishes the onions are cooked slowly for a long time before adding the ground spices (plus a splash of water so they don't burn), then the meat and veg. Indians pride themselves on using fresh spices, freshly ground, and that makes a real difference to the end result.

**Has your journey changed your cooking in any way?**

I've bought myself a karahi, a thick aluminum cooking vessel with a round bottom and a lid, which I find myself using all the time to cook just about anything.

# YOUR GUIDE TO INDIAN SPICES...



## Cardamom

Each whole green pod has about 20 little black, sticky seeds inside, which are highly fragrant with lemon and eucalyptus overtones. Used extensively in Indian cookery, the crushed seeds are also added to baking for gently spicing biscuits and milk puddings. Cardamom loses its flavour almost as soon as it's crushed, so avoid buying ground.



## Curry leaves

Curry leaves have an astringent note, with a warm, spicy, almost citrus character. A staple of South Indian cooking, they are used in the same way as bay leaves are used in the West. Freeze-dried leaves sold in larger supermarkets make a good substitute for fresh. If using dried, there's no need to toss them in hot oil first.



## Star anise

A star-shaped fruit that adds an aniseed flavour to Chinese dishes, fruity desserts and jams. Also find it in spice blends like garam masala and Chinese five-spice and it's a quick way of enhancing the savouriness of dishes that use onions as a base.



## Fennel seeds

From the fennel herb, these dried seeds look like cumin seeds, only greener, and have an aniseed flavour with a warm, sweet aroma. You'll get more flavour by grinding or dry-frying them. Use in fish, meat and veg dishes, as well as breads and chutneys.



## Juniper

These small, dark purple dried berries are well known as the flavouring for gin and other spirits, but can also be used in cooking. The bitter gin-like, peppery taste develops during the drying process and complements dark meats and game best, and is also used as a traditional ingredient in sauerkraut. The berries need to be lightly crushed to release their flavour.



## Asafoetida

Taken from a large fennel-like plant that grows mainly in Iran and India, asafoetida powder has a pungent smell. Don't be put off – it disappears once cooked, and when fried briefly in oil it becomes onion-like in taste. You'll find it mainly in Indian pulse dishes, soups and pickles. It can also replace garlic in some recipes.



## Tamarind

A tart fruit from the tamarind tree, this is sold in either a block or paste form. To use in Indian curries, Middle Eastern fish and rice dishes and in West Indian drinks, you soak pieces broken from the block in warm water and use the liquid; the paste can either be blended with other ingredients to make a sauce or diluted into a cooking sauce.



## Turmeric

Taken from a plant in the ginger family, it's one of India's most widely eaten spices and used as a base flavour in many curries. It's usually sold ground and adds a bright yellow colour to dishes (it makes a good replacement for the more expensive saffron in recipes) and has a mild, slightly bitter flavour. It also brings out the flavours of other spices, such as cardamom and curry leaves.

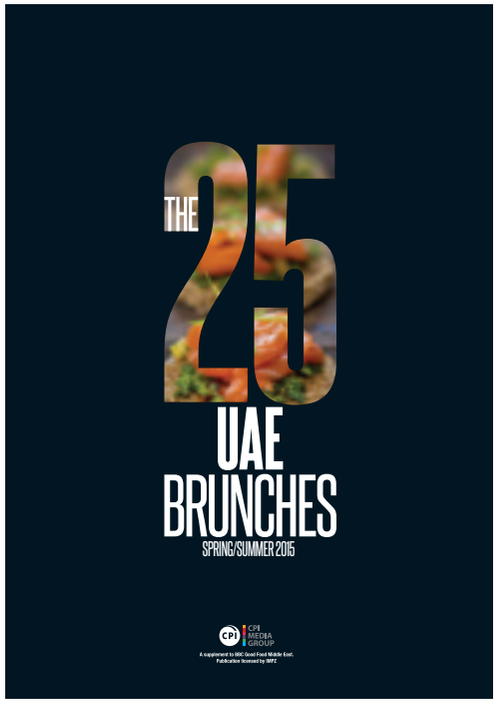
### KEEP SPICES FRESH

- Buy them in small quantities and, if they're loose, store in small airtight containers to stop them losing their flavour and colour.
- Keep them in a dark, dry cupboard, away from heat.
- Spices don't 'go off', they just lose flavour. As a guide, use whole spices within a year and ground within six months.

Compiled by SARAH SYSUM | Photographs SUPPLIED and SHUTTERSTOCK

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# A taste of India

Food writer Anjum Anand shares a fantastic menu for late-summer entertaining inspired by a trip to the Punjab in north-west India Photographs SAM STOWELL




Food styling LIZZIE HARRIS | Styling JENNY IGGLEDEN | Main ALAMY




## Spiced grilled lamb skewers

**MAKES** 8 **PREP** 15 mins plus marinating **COOK** 15 mins
EASY GLUTEN FREE

**900g boned leg of lamb, cut into 2cm cubes**
**FOR THE MARINADE**
**85g plain yogurt**
**25g ginger**
**5 fat garlic cloves**
**½ tsp red chilli powder, or to taste**
**1 tbsp vegetable oil**
**1 rounded tsp garam masala**
**1 rounded tsp ground cumin**

**1** Blend all the marinade ingredients until smooth, and season with 1 tsp salt and some black pepper. Add the lamb, mix well, cover and put in the fridge to marinate for as long as possible; overnight is best.
**2** When ready to cook, soak 8 wooden skewers in water for 10 mins and heat a barbecue to medium-high, or heat your grill and line a baking tray with foil. Thread the lamb onto the skewers, about 4 pieces on each. Place on oiled racks of the barbecue and cook for 12-14 mins, turning often, or until charred in places and cooked right through. If you're grilling the skewers, cook for 10-12 mins.
**PER SKEWER** 182 kcals • protein 24g • carbs 2g • fat 9g • sat fat 3g • fibre none • sugar 1g • salt 0.2g

## Tangy herb chutney

**MAKES** 200ml **PREP** 10 mins **NO COOK** EASY V GOOD 4 YOU

**75g coriander, leaves and some stalks**
**2 tbsp lemon juice, or to taste**
**½-1 green chilli, deseeded**
**25g/1oz mint leaves**
**25g roasted pistachios (shelled weight)**
**½ garlic clove, crushed**

Blend together all the ingredients with 4 tbsp water until very smooth and creamy – add only half a chilli to start with, as the heat varies a lot from one batch to the next. Taste and adjust the seasoning, lemon juice and chilli heat. Transfer to a glass jar and store in the fridge until ready to use. *Will keep for 1-2 days.*
**PER TBSP** 17 kcals • protein 1g • carbs 1g • fat 1g • sat fat none • fibre none • sugar none • salt none

## BBQ tandoori-style chicken

**SERVES** 8 **PREP** 10 mins plus at least 3 hrs marinating
**COOK** 25 mins EASY GLUTEN FREE

**8 chicken thighs, on the bone, skin removed**
**2 tbsp lemon juice, plus wedges to serve**
**large knob of butter, to serve**
**FOR THE MARINADE**
**125g pot full-fat plain yogurt**
**4 fat garlic cloves**
**thumb-sized piece ginger, peeled**
**½-¾ tsp red chilli powder**
**1 tsp cumin powder**
**1 tsp garam masala**
**1 tbsp vegetable oil**

**1** Using a sharp knife, slash the chicken thighs 3 times, going all the way down to the bone – this allows the marinade to get in, and means quicker and more even cooking. If you have the time, toss with the lemon juice and 1 tsp salt in a bowl and leave to marinate for 1 hr.
**2** Blend together all the marinade ingredients until smooth (add the extra lemon and salt if you skipped the first marinating stage). Pour over the chicken, cover and leave to marinate in the fridge for at least 3-4 hrs (overnight is best).
**3** Heat the barbecue to a medium-high heat, or heat your grill to its highest setting and line a baking tray with foil. Place the chicken on the barbecue and cook, turning often, for 20-25 mins until charred and cooked through. Or place the chicken on the foil-lined tray and grill for the same amount of time, or until charred on both sides and cooked through. Top the chicken with the butter and leave to melt, then serve with lemon wedges.
**PER SERVING** 167 kcals • protein 18g • carbs 2g • fat 10g • sat fat 2g • fibre none • sugar 1g • salt 1.3g

## Tomato, onion & cucumber raita

**SERVES** 8 **PREP** 10 mins **COOK** 5 mins
EASY V LOW FAT CALCIUM GLUTEN FREE

Stir together **1 ripe tomato**, chopped into 1cm dice, **¼ red onion**, finely chopped, 85g finely chopped **cucumber**, a large handful chopped **coriander**, **1 tsp cumin seeds**, toasted and coarsely ground, **450g plain yogurt**, whisked until smooth, and a large pinch of **sugar**. Season to taste, adding more sugar if it is particularly sour.
**PER SERVING** 53 kcals • protein 4g • carbs 6g • fat 2g • sat fat 1g • fibre 1g • sugar 6g • salt 0.1g »

## Punjabi-style chickpea salad

**SERVES** 6-8 **PREP** 40 mins **COOK** 5 mins
EASY V IRON 2 OF 5 A DAY GOOD 4 YOU

**2 tbsp cumin seeds**
**2 x 400g cans chickpeas, drained and rinsed**
**2 large tomatoes, chopped into small dice**
**1 small red onion, finely chopped**
**2 good handfuls kale, stalks removed, finely shredded**
**large handful coriander, leaves and stalks chopped**
**15 mint leaves, shredded**
**3 tsp chaat masala, or to taste (see box, p68)**
**4 tbsp lemon juice, or to taste**
**2 tbsp extra virgin olive oil**
**pinch of sugar**

**1** Heat a small saucepan and toast the cumin seeds until aromatic and slightly browned, then grind to a coarse powder using a pestle and mortar.
**2** Put all the ingredients, including the ground cumin, in a bowl and mix well. Season generously; add more chaat masala and lemon juice if needed. Leave for 30 mins to let the flavours combine.
**PER SERVING** (6) 168 kcals • protein 8g • carbs 16g • fat 7g • sat fat 1g • fibre 5g • sugar 3g • salt 0.5g

## Herby paneer parcels

Paneer is such a big part of Punjabi cuisine and on every menu. This recipe is inspired by a popular green herby marinade that is often used in tandoori-style foods and is perfect for cooking on the barbecue or the hob.

**SERVES** 8 **PREP** 15 mins plus at least 1 hr marinating
**COOK** 10 mins EASY V

**2 x 225g blocks of paneer**
**½ small red onion, finely chopped**
**25g butter**
**1 tsp chaat masala (see box, p68)**
**FOR THE GREEN HERB PASTE**
**85g coriander leaves and stalks**
**25g mint leaves**
**1 fat garlic clove**
**small piece ginger, peeled**
**½-1 small hot green chilli (I used an Indian finger chilli), deseeded (optional)**
**1 tbsp lemon juice**
**1 tbsp vegetable oil**
**1 tsp garam masala**
**2 tbsp double cream**
**3 tbsp thick Greek yogurt**
**½ tsp Ajwain seeds (optional – see box, p68)**




**1** To make the herb paste, wash your herbs really well, including the coriander stalks. Squeeze lightly to get rid of excess water. Tip into a food processor or blender along with the garlic, ginger, chilli (if using), lemon juice, oil, garam masala and 1 tsp salt. Whizz until quite fine and smooth. Stir in the double cream, yogurt and ajwain seeds, if using. Taste and adjust any spices or seasoning to taste.
**2** Cut each block of paneer into 4 pieces. Pierce the paneer all over with a skewer to allow some of the paste to sink inside. Coat the paneer in the herby paste, then cover and leave to marinate in the fridge for at least 1 hr, or as long as possible.
**3** When ready to cook, heat a griddle pan or grill. Prepare 2 sheets of foil and place 4 pieces of the paneer on each. Sprinkle over the onion and top with a generous knob of butter. Bring the foil together to make a parcel that encompasses the cheese completely. Place straight on your hot grill or griddle pan for 8-10 mins or until the paneer is hot through and steamy. Ideally there will be a little charring coming through at the bottom – you will need to open the parcel and peek to check this. Sprinkle over the chaat masala and serve hot, still wrapped in the foil or on a plate.
**PER SERVING** 291 kcals • protein 14g • carbs 3g • fat 25g • sat fat 15g • fibre none • sugar 2g • salt 0.1g

Competition

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A **2-night stay for two** in **Doha** worth **Dhs7,500**!





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**The prize draw for a two person, two-night stay at THE TORCH DOHA worth Dhs7,500 will be made at the end of July 2015. The winners must stay in The Torch Doha during August 2015 and arrange their own transport to Qatar.**

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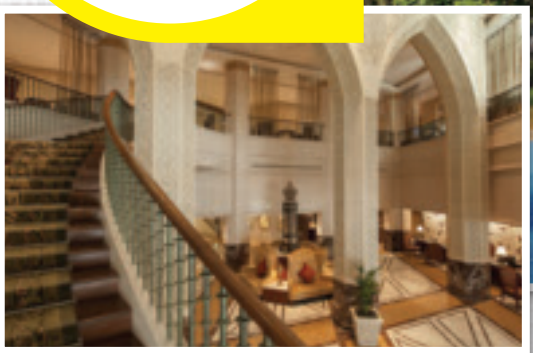
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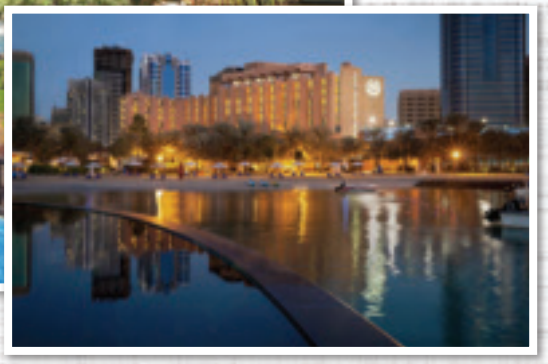
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Abu Dhabi's celebrated gathering place, the Sheraton Abu Dhabi Hotel & Resort is a 5-star resort hotel in the capital situated on the Abu Dhabi Corniche, overlooking the Arabian Gulf and few minutes away from the main business district.

It offers over 270 beautifully appointed guest rooms, including a club level with most of them facing the stunning view of the beach. Having a good night's sleep will be so easy with Sheraton Sweet Sleeper Beds. You will be staying in the Royal Suite, which is located on the highest floor - one of the most spacious rooms in the hotel with plush sofas and large armchairs providing a large dining table. The polished marble floors are topped with hand woven carpets, true to the Arabic heritage of the Sheraton Abu Dhabi Hotel & Resort. As a Royal Suite guest, you'll enjoy international buffet breakfast, large floor to ceiling windows, a 40-inch flat screen HDTV, VIP amenities including free Wi-Fi and the privileges of the Club Lounge.

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**The prize value offer worth Dhs12,000 includes overnight accommodation for two adults and two children for two nights with breakfast in the Royal Suite. Dinner is for two adults and two children in Flavours buffet restaurant on a night of the guests choice - excluding themed nights. Winner will be chosen at the end of July. Prize must be taken during August 2015 subject to availability. Blackout dates and terms & conditions apply.**

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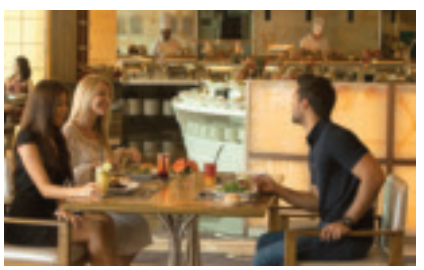


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**WIN! DINING VOUCHERS FOR TWO AT MAZINA, THE ADDRESS, DUBAI MARINA, WORTH DHS500.**

One winner and guest will have the opportunity to experience Culinary Interactions, a new interactive dining experience. Engage with chefs as they conjure up delicious preparations across international cuisines, including Italian, Japanese, Arabic, Chinese and Thai.



**WIN! DINING VOUCHERS FOR TWO AT ZAYTOUN, INTERCONTINENTAL DUBAI FESTIVAL CITY, WORTH390.**

One winner and guest can enjoy a Mashawi night with an interactive BBQ evening at Zaytoun. Begin with a selection of starters then savour a selection of freshly grilled meats and seafood. And don't forget the spectacular views of the Dubai's skyline.

**To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.**

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# What's on the table with **Dianne Jacob**

We go on a lunch date with a food loving personality to find out what makes them tick. By Sophie McCarrick.



On the first floor of Dubai Marina's hot spot, Pier 7, I met with 'Will Write For Food' author, Dianne Jacob for lunch at Fümé – a neighbourhood-style eatery. Having just flown in from the States for a working holiday in Dubai, the professional author, journalist, coach and foodie opened our conversation with a joke – instantly igniting a lunch date of laughter. As an internationally accomplished woman, the conversation was hugely enlightening and flowed naturally. Here are some of the topics from our chat:

## "How I got here."

"It all began as a journalism graduate working for newspapers, before becoming editor of a restaurant magazine in Vancouver – and I had no idea what I was doing. I grew up with my mother cooking and we hardly ever dined in a restaurant. So, lets say I started in the food industry with a very quick education. After I moved to the States I worked on a number of magazines and started reviewing restaurants as a side job. Following a turning-point experience with a crazy boss, about 18 years ago, that's when I realised my obsession was food and became self-employed."

## "Will Write For Food."

"Now in it's tenth year, I'm the proud author of the multiple award-winning book, Will Write for Food, which is a complete guide to becoming a food writer and blogger. I've always loved being a coach and this book allowed me to express that through words – it's even used in universities. I never expected for it to get to where it is today, and it's all down to a friend's advice at a party."

## "Be different!"

"I'm not a big fan of people who have food blogs with the theme 'I love food!' In my teachings I encourage people to be specific – which is difficult because food bloggers tend to be huge food lovers, who want to write about everything. The problem is that everything looks the same. If there's no focus, it just doesn't work. If a blogger wants readers and they want to stand out, they can't have the same blog as everyone else – they have to be different. If you want a book deal, you're not going to get one when competing in the genre category 'general cookbook'."

## "Food in the Middle East!"

"I'm just in love with food in the Middle East. My husband is Lebanese, so we are always on the look out for good places to eat back home, but it just doesn't compare. Last time I visited Dubai we dined at a Lebanese restaurant that whipped the hummous, and I just wanted to drown myself in it! People think the States has every cuisine imaginable, which perhaps it does, but it's not always done right. It's becoming a big thing in the States, and there's a growing market for Middle Eastern cook books now as availability of ingredients grows."

## "I cook Italian, it's easy."

"When I cook, I tend to opt for Italian because it's easy, or sometimes Asian. But if I were going out to eat it would hands down be Middle Eastern food – that's probably why I'm so excited to be here in Dubai! My parents are Middle Eastern, so I grew up with the cuisine."

## "What's on your table?"

"There's an orphaned quince tree down the road from my house, so if I were to host a dinner party, I'd made couscous with sautéed quince and chicken. Followed by a cake, of course! I love baking. I made a yellow cake recently from scratch that was three layers high with chocolate icing – it's got to be one of the greatest things I've ever made. You can always justify making a cake as leftovers can be frozen."

**What we ate:** In a comfortable, laid-back environment, lunch began with a flavoursome dish of naked crab with cucumber, lemon and sourdough bread, followed by hot smoked salmon, cooked in a deliciously tasty teriyaki sauce with pickled cucumber on the side, plus a mouth-watering whole grilled, fresh sea bream – all to share – with grilled Portobello mushrooms and thick potato wedges, served with a dollop of sour cream. It's safe to say we were both easily able to skip dinner that evening, particularly after indulging in a dessert, scandalously entitled "girls, 12 inches of pleasure – salted caramel chocolate éclair." Despite the name, we both agreed, it's definitely one to try! Call Fümé: 04-4215669.







Photographs: MAKSYN PORECHKIN




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